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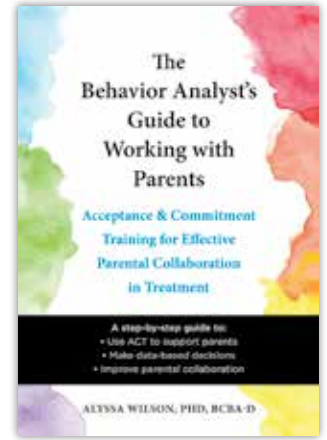
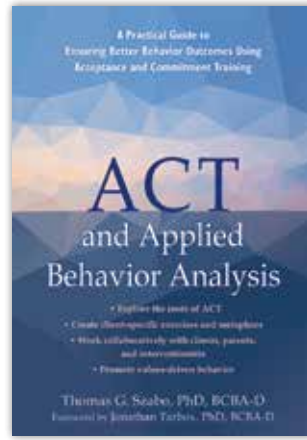
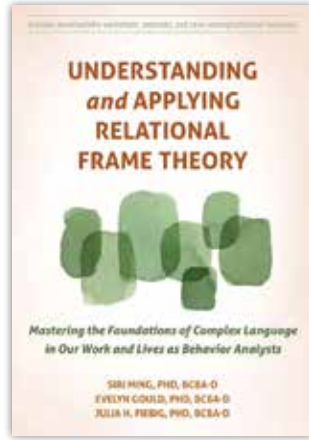
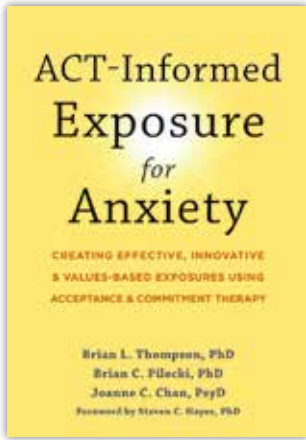
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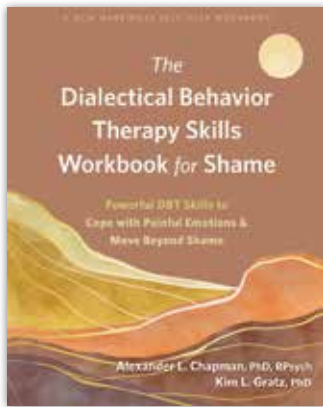
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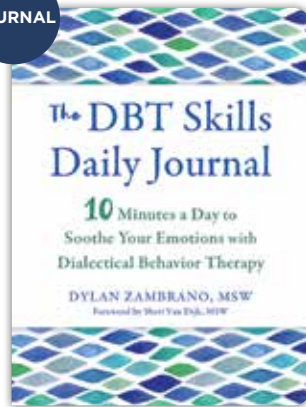
## PROFESSIONAL RESOURCES



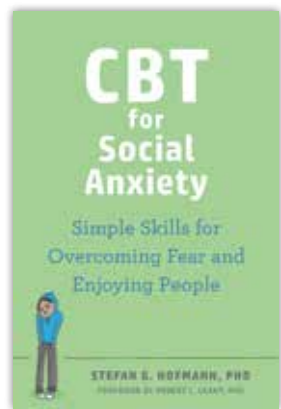
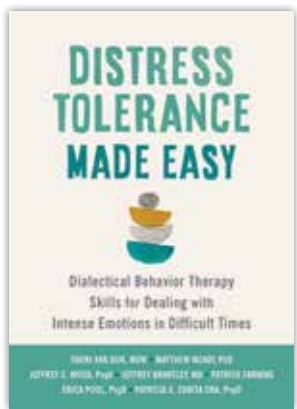
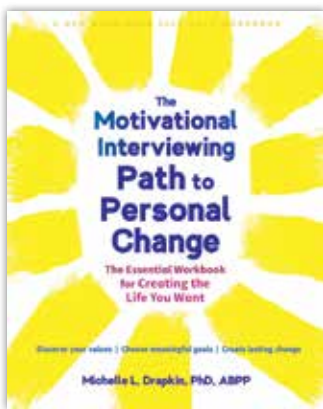
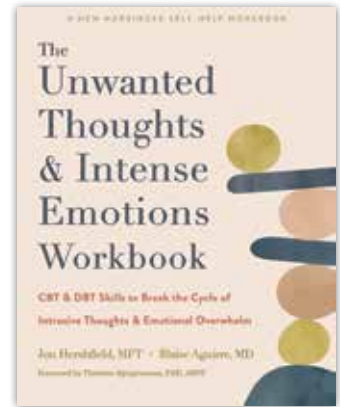
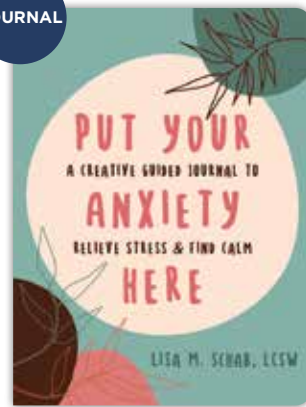
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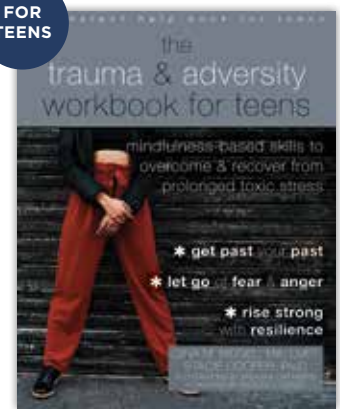
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Dear Friends,

This year, New Harbinger celebrates its 50th anniversary. As a young psychology graduate student in 1973, I set out to create a company with one clear mission: Publish practical, evidence-based tools to reduce suffering and help people live happier, healthier lives. Fifty years later, New Harbinger remains dedicated to this mission, and to providing clinicians with proven-effective resources to support essential work with clients.

As clinicians working in the ongoing, post-pandemic mental health crisis, we've witnessed unprecedented levels of anxiety. To help you deliver effective treatment, *ACT-Informed Exposures for Anxiety* offers a values-based framework integrating exposure therapy with acceptance and commitment therapy (ACT) to help anxious clients face their fears. With this comprehensive professional guide, you'll have easy-to-apply techniques for moving past common treatment barriers, as well as skills to help clients boost motivation and make a commitment to lasting, positive change.

As rates of depression, suicidality, addiction, and eating disorders rise, we must continue to address the underlying factors. For many clients, feelings of shame are at the root of mental health issues. *The Dialectical Behavior Therapy Skills Workbook for Shame*, from renowned dialectical behavior therapy (DBT) researcher and clinician Alexander Chapman, is a compassionate guide to help clients heal using the core skills of emotion regulation, distress tolerance, mindfulness, and interpersonal effectiveness.

In addition to new professional resources and client workbooks, we continue to publish innovative and highly effective tools for improving client well-being and treatment outcomes. You'll find new guided journals and card decks—including *Put Your Anxiety Here*, *The DBT Skills Daily Journal*, and *ACT Daily Card Deck*—to help your clients practice the skills they've learned in session.

As we celebrate five decades of publishing, we would also like to take a moment to honor you for the important clinical work that you do every day. Looking forward, we remain committed to providing you with resources to enhance your practice, and tools to help clients improve their lives.




Sincerely,

Matthew McKay, PhD  
Cofounder

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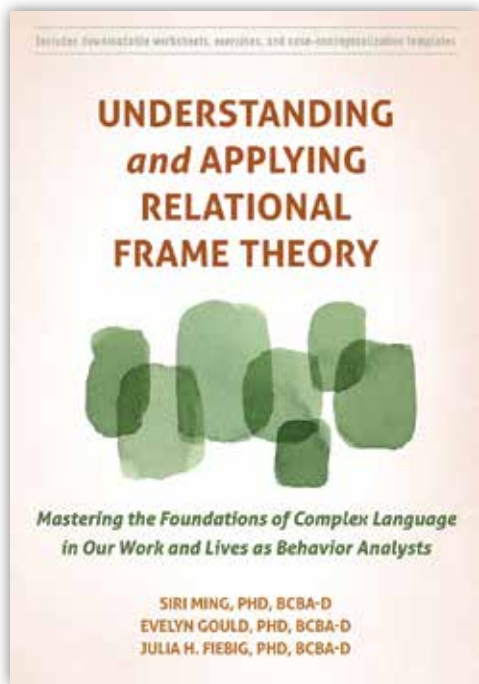
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*“This is the book I have been waiting for—one that bridges the basic science of RFT from functional analysis to social justice, all in plain language.”*

—MATTHEW D. SKINTA, PHD, ABPP, author of *Contextual Behavior Therapy for Sexual and Gender Minority Clients*

## UNDERSTANDING & APPLYING RELATIONAL FRAME THEORY

*Mastering the Foundations of Complex Language in Our Work & Lives as Behavior Analysts*

SIRI MING, PHD, BCBA-D, EVELYN GOULD, PHD, BCBA-D, & JULIA H. FIEBIG, PHD, BCBA-D

Understanding complex language allows you to skillfully navigate your work to help clients build better lives. Relational frame theory (RFT) suggests the main building block of language and cognition is *relating*—the ability to flexibly respond to links between one thing and another, generating new connections in the process (that is, derived relational responding and transformations of function). This professional guide outlines the principles of RFT, and offers practical applications and tools to enhance your practice.

With a focus on establishing psychological flexibility, prosociality, and cooperative contexts for change at all levels of analysis, this book provides a comprehensive overview of RFT to help you use language effectively in your work and life. You’ll learn to apply a behavior analytic understanding of complex language to a variety of settings—including education, mental health, and business. You’ll discover how complex verbal repertoires affect individual behavior, as well as how relational framing functions in the context of groups. Finally, you’ll learn how RFT can be applied to issues of diversity, equity, and inclusion—as well as global sustainability.

### FROM UNDERSTANDING AND APPLYING RELATIONAL FRAME THEORY...

Research suggests that psychological flexibility is indeed fundamental to human health and well-being (Kashdan & Rottenberg, 2010). It appears to underpin not only mental health and resiliency but also other important aspects of human culture and even our survival as a species. It could be argued that psychological flexibility (and behavioral flexibility more broadly) are integral to what we refer to as “innovation,” “creativity,” “problem solving,” “entrepreneurship,” and “intelligence” in humans—all of these phenomena involving the ability to respond flexibly to changing circumstances and challenges, generating new behaviors that move us toward desired outcomes.

**TABLE OF CONTENTS** (may vary from actual book) Prologue ■ Chapter 1: Frame by Frame ■ Chapter 2: A Functional Analysis of Language ■ Chapter 3: Foundations of Early Relational Framing ■ Chapter 4: Increasing Complexity: New Relations and Relations Between Relations ■ Chapter 5: Complex Language in the Development of Perspective-Taking and a Sense of Self ■ Chapter 6: Rule-governed behavior [...]

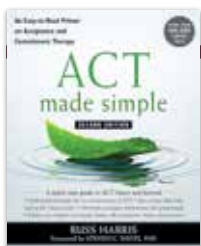


**SIRI MING, PHD, BCBA-D**, (she/her) is a scientist-practitioner with over twenty-five years of experience in the field. She is committed to the compassionate practice of behavior analysis to help people live meaningful, values-directed lives.



**EVELYN GOULD, PHD, BCBA-D**, (she/they) is a clinical behavior analyst and licensed psychologist from Belfast, Northern Ireland. They are a scientist-practitioner working to empower others to build rich and meaningful lives through evidence-based, values-driven, affirmative, and culturally responsive practices.

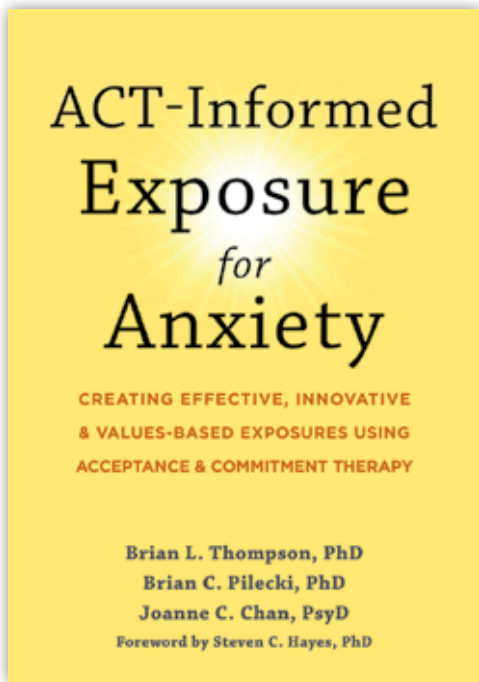
**JULIA H. FIEBIG, PHD, BCBA-D**, (she/her) is assistant teaching professor at Ball State University in the applied behavior analysis (ABA) program. She has served on the climate change task force for the Association for Behavior Analysis International (ABAI).



Also see this professional resource

### ACT MADE SIMPLE, SECOND EDITION

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 CODE: 50812 / US \$64.95  
 Context Press, An imprint of New Harbinger Publications

*“An intelligent and thoughtful integration, providing clear recommendations for improving treatment. I highly recommend this book.”*

—STEFAN G. HOFMANN, PHD,  
 author of *The Anxiety Skills Workbook*

## ACT-INFORMED EXPOSURE FOR ANXIETY

*Creating Effective, Innovative, and Values-Based Exposures Using Acceptance & Commitment Therapy*

**BRIAN L. THOMPSON, PHD, BRIAN C. PILECKI, PHD, & JOANNE C. CHAN, PSYD**  
 FOREWORD BY STEVEN C. HAYES, PHD

Exposure therapy is a well-researched intervention for helping clients confront anxiety-provoking stimuli in order to resist engaging in avoidance behaviors. Acceptance and commitment therapy (ACT) is an evidence-based treatment model, and provides a theory for guiding the use of exposure therapy by encouraging clients to connect with their values, remain in contact with the present moment, and increase behavioral flexibility. This comprehensive book provides a process-based approach for utilizing ACT-informed exposure in session, and offers new ideas and tools to help your clients.

*ACT-Informed Exposure for Anxiety* synthesizes the latest research, clinical experience, and theory into one powerfully effective professional resource. You'll find an overview of exposure therapy and ACT, as well as cultural considerations to inform your work with clients of diverse backgrounds. Also included are strategies to help you create exposures tailored to clients' specific needs, and guidelines for addressing common client and therapist barriers to treatment. Whether you're new to ACT and exposure or experienced in other models of exposure and interested in incorporating ACT into your practice, this is an essential addition to your professional library.

### FROM ACT-INFORMED EXPOSURE FOR ANXIETY...

Acceptance and commitment therapy (ACT) was always cast as an exposure-based treatment simply because the processes it targets, such as emotional and cognitive openness, flexible attention to the now, and values-based behavioral commitments all readily bring people into contact with previously repertoire-narrowing experiences (Hayes, Strosahl, & Wilson, 1999; 2012). ACT naturally leads to “exposure” to previously avoided thoughts, feelings, memories, sensations, or situations. Unlike traditional exposure, ACT does not seek or promise elimination of emotional arousal—the point was more the creation of greater life freedom, the ability to live the kind of life you choose via greater psychological flexibility.

**TABLE OF CONTENTS** (may vary from actual book) Foreword ■ Chapter 1. A Process-Based Approach to Exposure for Anxiety Disorders ■ Chapter 2. A Brief History and Overview of Exposure ■ Chapter 3. An Acceptance and Commitment Therapy Primer ■ Chapter 4. What the Therapist Needs to Know ■ Chapter 5. What the Client Needs to Know [ ... ]



**BRIAN L. THOMPSON, PHD**, is a licensed psychologist; and director of the anxiety clinic at the Portland Psychotherapy in Portland, OR. He specializes in working with anxiety and obsessive-compulsive and related disorders, and has published research in these areas.



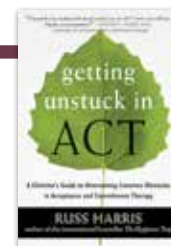
**BRIAN C. PILECKI, PHD**, is a clinical psychologist at Portland Psychotherapy who specializes in the treatment of anxiety disorders, trauma, post-traumatic stress disorder (PTSD), and matters related to the use of psychedelics.

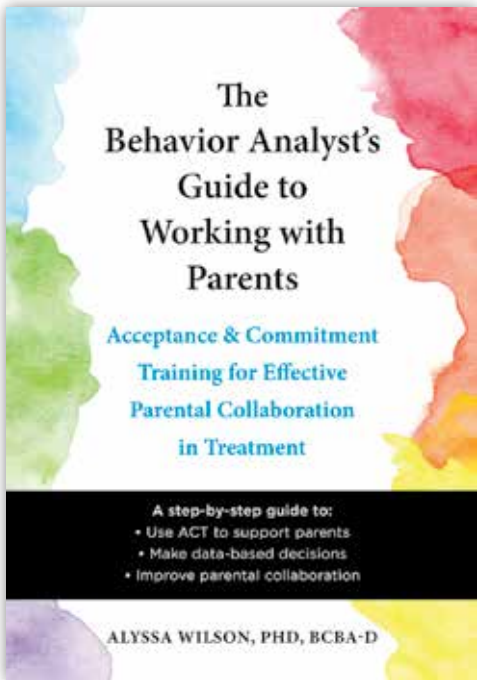


**JOANNE C. CHAN, PSYD**, is a licensed psychologist, and assistant professor of psychiatry at Oregon Health and Sciences University (OHSU) where she provides psychological support to medical and dental faculty, residents, and fellows.

### Also see these resources

**GETTING UNSTUCK IN ACT** ISBN: 978-1608828050 / US \$29.95  
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*“Essential reading for any behavior analyst working with parents, families, and caregivers.”*

—**MARIANNE L. JACKSON, PHD, BCBA-D**, professor of psychology, and clinical director of ABA services at California State University, Fresno

## THE BEHAVIOR ANALYST’S GUIDE TO WORKING WITH PARENTS

*Acceptance & Commitment Training for Effective Parental Collaboration in Treatment*

**ALYSSA WILSON, PHD, BCBA-D**

As a board-certified behavior analyst (BCBA) working in the field, you understand how essential it is to enlist the support of parents when working with children with complex needs. This comprehensive professional guide offers proven-effective skills grounded in acceptance and commitment training (ACT) to help you get parents on the same page and working with you to achieve measurable results.

This book provides a unique conceptual framework for using ACT in parent training contexts. You’ll find an overview of relational frame theory (RFT), rule governance, and how these core concepts and principles align within the ACT model. The book also outlines specific ACT components, and includes detailed assessment considerations and metaphor development for each of these components—such as present-moment awareness, acceptance, flexible perspective taking, and values-based actions. If you’re looking for strategies to improve parental collaboration, this book has everything you need to get started.

### This innovative clinical guide includes:

- Empirical evidence for using ACT within parent training contexts
- Virtue-based ethics and specific BACB ethical codes to consider
- Step-by-step processes for employing ACT in parent training contexts
- Detailed informed-consent processes

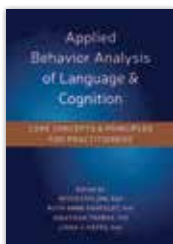
### FROM THE BEHAVIOR ANALYST’S GUIDE TO WORKING WITH PARENTS...

While most behavior analysts may be called into cases where the primary client is a child, adolescent, or adult with complex health needs, the primary treatment goal doesn’t stop with programming for the client’s presenting symptoms. Rather, our work necessarily incorporates training others around the client (from parents and caregivers to direct support staff and teachers) to implement various programs.

**TABLE OF CONTENTS** (may vary from actual book) Foreword ■ Preface ■ Chapter 1. Taking a New Perspective: Person-Centered Approaches with Parents and Families ■ Chapter 2. Humanistic Applications in Parent Training ■ Chapter 3. Ethical Considerations ■ Chapter 4. Data Collection Strategies ■ Chapter 5. Getting Started ■ Chapter 6. Assessment ■ Chapter 7. Using ACT in Clinical Practice: Here and Now Relational Emphasis ■ Chapter 8. Using ACT in Clinical Practice: Flexible Perspective Taking ■ Chapter 9. Using ACT in Clinical Practice: Experiential Acceptance ■ Chapter 10. Using ACT in Clinical Practice: Targeting Values-Based Action ■ Acknowledgments ■ Appendix A Case Study 1: The Manny Family ■ Appendix B Case Study 2: The Winter Family ■ References ■ Index



**ALYSSA WILSON, PHD, BCBA-D**, is associate professor and department chair of applied behavior analysis programs at The Chicago School of Professional Psychology in Southern California. She received her PhD in rehabilitation with an emphasis on behavior analysis and therapy from Southern Illinois University, Carbondale.



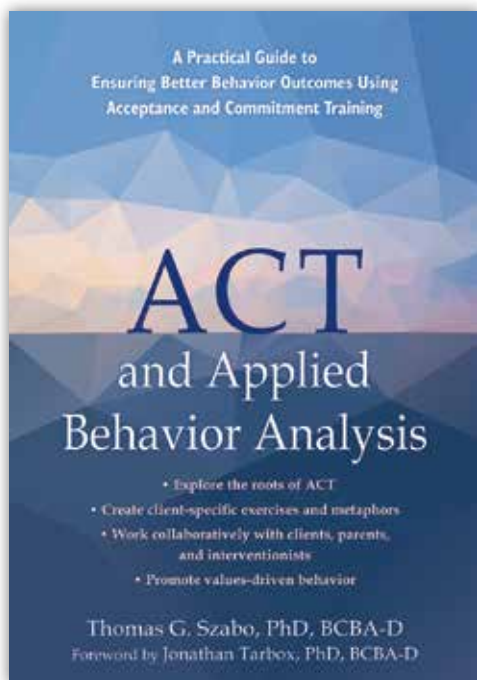
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### APPLIED BEHAVIOR ANALYSIS OF LANGUAGE & COGNITION

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*“This book is a must-read for anyone seeking to integrate ACT into their practice as a BCBA.”*

—STEVEN C. HAYES, PHD, originator of ACT

## ACT & APPLIED BEHAVIOR ANALYSIS

*A Practical Guide to Ensuring Better Behavior Outcomes Using Acceptance & Commitment Training*

THOMAS G. SZABO, PHD, BCBA-D | FOREWORD BY JONATHAN TARBOX, PHD, BCBA-D

As a board-certified behavior analyst (BCBA or BCaBA), your clients have a wide range of language skills—from nonspeaking to very fluent. To ensure the best behavior outcomes, you need a flexible therapeutic framework to fully engage with all clients—as well as their families. This comprehensive professional guide offers a proven-effective program grounded in acceptance and commitment therapy (ACT) and relational frame theory (RFT) to help you expand the effectiveness of your practice and deliver exceptional care.

With *ACT and Applied Behavior Analysis*, you'll learn to conceptualize your cases using ACT, create your own client exercises, generate metaphors, and be fully present with each unique client. By integrating core ACT skills—including mindfulness, flexible perspective taking, committed action, and values work—you'll be ready to take your applied behavior analysis (ABA) practice to the next level. You'll also find information on cultural competency and diversity to further broaden the scope and effectiveness of therapy. If you're looking for skills and strategies to enhance your ABA practice, this book has everything you need to get started.

### With this definitive professional manual, you'll learn:

- How to conceptualize your cases using ACT
- Strategies for creating your own exercises and metaphors
- How to be present with each individual client
- The theoretical connections between ABA and ACT
- How to practice the core ACT skills flexibly
- Cultural competency skills for treating a wider range of clients
- Techniques to ensure better behavior outcomes

### FROM ACT AND APPLIED BEHAVIOR ANALYSIS...

At its core, ACT is a way of helping people respond to difficult life events with a kind of flexibility that is unavailable to nonverbal organisms. When direct contingencies would evoke nonoptimal behavior, this kind of flexibility, one that involves verbally relating events in increasingly abstracted dimensions, bestows remarkable advantages upon those who use it.

**TABLE OF CONTENTS** (may vary from actual book) Introduction ■ Chapter 1. ACT in ABA, the Research That Got Us Here, and an RFT Primer ■ Chapter 2. The View from Above: Six Repertoires to Practice Before the Going Gets Tough ■ Chapter 3. ACT Functional Assessment and Functional Analysis ■ Chapter 4. Learning ACT: A Three-Stage Plan ■ Chapter 5. The ACT Matrix: A Launchpad for Other Activities ■ Chapter 6. Metaphors ■ Chapter 7. Active Exercises [ ... ]

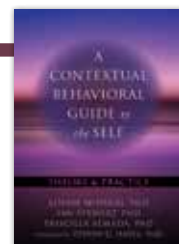


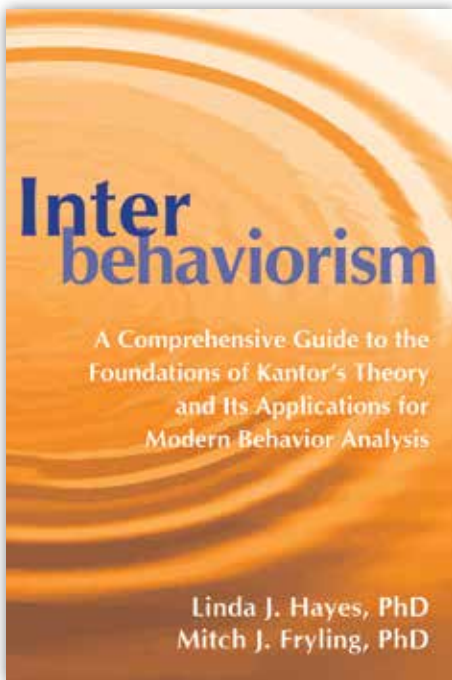
**THOMAS G. SZABO, PHD, BCBA-D**, is a professor at Capella University's master's and doctoral behavior analysis programs, an internationally recognized ACT trainer, and a BCBA.

Also see this professional resource

### A CONTEXTUAL BEHAVIORAL GUIDE TO THE SELF

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248pp / 2023 / ISBN: 978-1684036837

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## INTERBEHAVIORISM

*A Comprehensive Guide to the Foundations of Kantor's Theory & Its Applications for Modern Behavior Analysis*

LINDA J. HAYES, PHD, & MITCH J. FRYLING, PHD

By providing a naturalistic foundation to scientific methods and research, Jacob Robert Kantor's theory of *interbehaviorism* marked an essential and groundbreaking contribution to the behavioral sciences. This volume offers a complete outline of Kantor's pioneering theory, and uncovers the profound effects it has in applied domains such as perspective taking, feelings and emotions, interpersonal relationships, and more.

In this comprehensive book, you'll find an overview of the science and philosophy of interbehaviorism, as well as up-to-date research and modern applications. You'll also discover how Kantor's theory relates to human development, linguistic behavior, memory, values, and ethics. Whether you're a behavior analyst, contextual behavior scientist, student of behavior analysis, or simply interested in the history of the behavioral sciences, this book is an important addition to your professional library.

### FROM INTERBEHAVIORISM...

Both scientists and laypersons alike acknowledge that what happened in a person's past behavior influences (or is, at least, important to) their present behavior. Despite this widespread understanding, relatively little behavioral research has focused on interbehavioral history. There may be several reasons for this neglect. Among them are the fact that the details of a person's history are largely unknown and otherwise hard to control for or measure, a view that assumes the history to be absent from the present circumstance. In most conceptualizations of behavior, the past is the past.

**TABLE OF CONTENTS** (may vary from actual book) Introduction ■ Chapter 1. Science and Philosophy ■ Chapter 2. Psychology as a Scientific System ■ Chapter 3. Interbehavioral Psychology ■ Chapter 4. Interbehavioral Research ■ Chapter 5. Interbehavioral Application ■ Chapter 6. Linguistic Behavior ■ Chapter 7. Inapparent Events ■ Chapter 8. Memory ■ Chapter 9. The Self, Perspective Taking, and Relationships ■ Chapter 10. Feelings ■ Chapter 11. Human Development ■ Chapter 12. Family Values ■ Chapter 13. Morality ■ Conclusion ■ Glossary ■ References ■ Index

*"A valuable contribution to the understanding of J.R. Kantor's philosophy.... This book should be required reading for students of behavior analysis."*

—MARIA E. MALOTT, PHD, CEO of the Association for Behavior Analysis International

*"This book is the clearest primer of the interbehavioral position ever written."*

—STEVEN C. HAYES, PHD, Nevada Foundation Professor of psychology at the University of Nevada, Reno

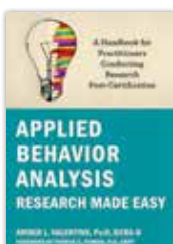


LINDA J. HAYES, PHD, is a Distinguished International Professor at the University of Nevada, Reno. She cofounded the behavior analysis program at the University of Nevada, Reno; and has served two terms as president of the Association for Behavior Analysis International.



MITCH J. FRYLING, PHD, is professor and associate dean in the college of education at California State University, Los Angeles. He has authored many scholarly publications, primarily in the area of behavioral theory and philosophy. He is current editor of *The Psychological Record*.

PHOTO BY ANA GARCIA



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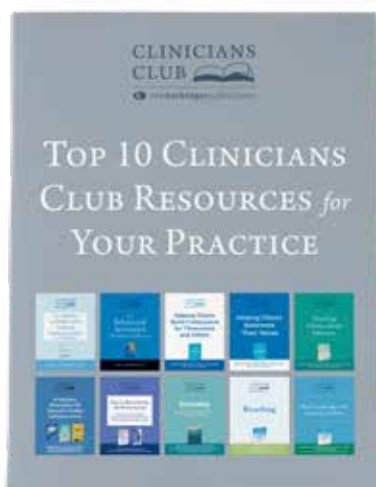
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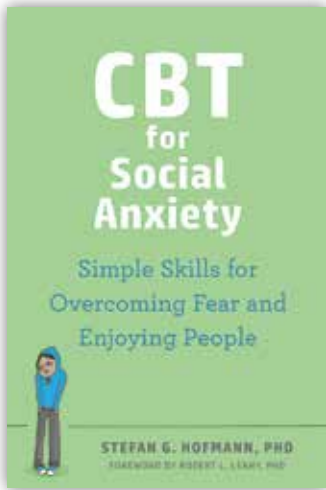
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for your clinical practice





184pp / 2023  
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## CBT FOR SOCIAL ANXIETY

*Simple Skills for Overcoming Fear & Enjoying People*

**STEFAN G. HOFMANN, PHD**

FOREWORD BY ROBERT L. LEAHY, PHD

In *CBT for Social Anxiety*, clients can learn how to conquer social anxiety using skills grounded in cognitive behavioral therapy (CBT). Included are concrete steps to help clients face their social fears, as well as simple exposure-based exercises they can practice on their own to gain confidence, expand their social horizons, connect with others, and improve their lives.

### Clients will learn:

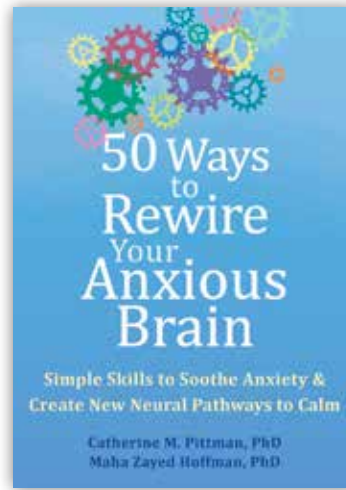
- Why they feel anxious in social settings
- How to stop avoiding and face social anxiety head-on
- “Social mishap exposures” to practice in daily life
- Strategies for managing social fears in the moment

*“Few, if any, books are built on such a solid base of evidence as this gem.”*

—TODD B. KASHDAN, PHD, author of *The Art of Insubordination*



**STEFAN G. HOFMANN, PHD**, is a widely cited expert on the use of CBT for the treatment of anxiety—appearing in academic and medical journals as well as mainstream media. He is author and coauthor of several books, including *The Anxiety Skills Workbook*.



192pp / 2023  
ISBN: 978-1648481789  
CODE: 51789 / US \$16.95

## 50 WAYS TO REWIRE YOUR ANXIOUS BRAIN

*Simple Skills to Soothe Anxiety & Create New Neural Pathways to Calm*

**CATHERINE M. PITTMAN, PHD, & MAHA ZAYED HOFFMAN, PHD**

This guide introduces fifty strategies to help clients find quick, lasting, and effective relief from anxiety. Included are skills to help clients soothe an anxious or stressed-out brain through physical movement, identify their values, and move past toxic thinking before it leads to rumination and anxiety.

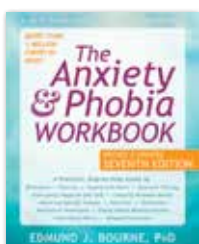
*“The authors do a wonderful job of explaining complex concepts in a clear and concise manner, making it easy for readers to break free from the painful cycle of anxiety.”*

—DEBRA KISSEN, PHD, MHSA, author of *Overcoming Parental Anxiety*

**CATHERINE M. PITTMAN, PHD**, is a licensed clinical psychologist specializing in the treatment of anxiety disorders and brain injuries. She is professor of psychology at Saint Mary's College in Notre Dame, IN, where she has taught for more than thirty years.



**MAHA ZAYED HOFFMAN, PHD**, is a licensed clinical psychologist, and director of The OCD and Anxiety Center, with offices in Oak Brook and Orland Park, IL.



Also see this client resource

**THE ANXIETY & PHOBIA WORKBOOK, SEVENTH EDITION**

ISBN: 978-1684034833 / US \$25.95



JOURNAL

184pp / 2023  
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### PUT YOUR ANXIETY HERE

*A Creative Guided Journal to Relieve Stress & Find Calm*

LISA M. SCHAB, LCSW

For clients struggling with anxiety or stress, this guided journal offers engaging writing practices to help gain distance from anxious thoughts, relieve stress, and stay grounded in the moment. Drawing on evidence-based therapeutic journaling techniques, this essential resource is a powerful approach to help clients manage anxiety every day.

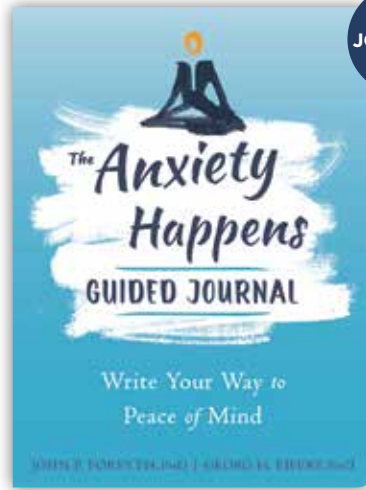
*“A valuable addition to any professional treatment plan.”*

—RONALD D. GROAT, MD, board-certified psychiatrist, and past president of the Minnesota Psychiatric Society

INSIDE



LISA M. SCHAB, LCSW, is a practicing psychotherapist in the greater Chicago, IL, area; and author of eighteen self-help books, including *The Anxiety Workbook for Teens*, and the teen guided journals, *Put Your Worries Here* and *Put Your Feelings Here*. She is a member of the National Association of Social Workers (NASW).



JOURNAL

196pp / 2023  
ISBN: 978-1648482113  
CODE: 52113 / US \$18.95

### THE ANXIETY HAPPENS GUIDED JOURNAL

*Write Your Way to Peace of Mind*

JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD

This guided journal features simple writing prompts based in acceptance and commitment therapy (ACT) to help clients relieve anxiety, stress, rumination, and panic. Also included are skills and practices to help your clients explore and understand the root cause of their anxiety, gain distance from anxious thoughts, accept uncertainty, and focus on the present moment.

*“An engaging, intriguing, and spot-on guide.”*

—MICHAEL A. TOMPKINS, PHD, ABPP, author of *The Anxiety and Depression Workbook*



JOHN P. FORSYTH, PHD, is professor of psychology, and director of the anxiety disorders research program at the University at Albany, SUNY. Forsyth is faculty at the Omega Institute for Holistic Studies, the Esalen Institute, and 1440 Multiversity. He is coauthor, with Eifert, of *The Mindfulness and Acceptance Workbook for Anxiety* and *Anxiety Happens*.

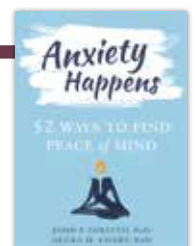


GEORG H. EIFERT, PHD, is professor emeritus of psychology at the School of Health and Life Sciences at Chapman University in Orange, CA. Eifert is an internationally recognized author, scientist, speaker, and trainer in the use of ACT.

Also see this client resource

**ANXIETY HAPPENS**

ISBN: 978-1684031108 / US \$14.95







168pp / 2023  
ISBN: 978-1648482144  
CODE: 52144 / US \$18.95

## WORRYING IS OPTIONAL

*Break the Cycle of Anxiety & Rumination That Keeps You Stuck*

**BEN ECKSTEIN, LCSW**

FOREWORD BY LISA W. COYNE, PHD

With this guide, clients will learn skills drawn from metacognitive therapy, acceptance and commitment therapy (ACT), and cognitive behavioral therapy (CBT) to uncover the root cause of their worry, accept uncertainty, and manage unhelpful rumination before it leads to anxiety.

### This guide will help clients:

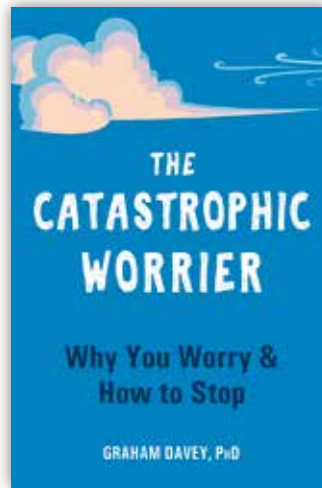
- Identify and navigate worry triggers
- Draw the line at disruptive worrying
- Break free from negative thinking habits
- Make decisions with confidence

*“Overflowing with both practical tools and illuminating perspectives on worry and anxiety... A comprehensive, powerful, and flexible guide!”*

—CHAD LEJEUNE, PHD, author of *The Worry Trap*



**BEN ECKSTEIN, LCSW**, is owner and director of Bull City Anxiety & OCD Treatment Center. He has specialized in treating anxiety and obsessive-compulsive disorder (OCD) for over a decade, and offers training, workshops, and speaking engagements in addition to his clinical work.



224pp / 2023  
ISBN: 978-1648480348  
CODE: 50348 / US \$18.95

## THE CATASTROPHIC WORRIER

*Why You Worry & How to Stop*

**GRAHAM DAVEY, PHD**

In this guide, clients will learn what drives their catastrophic worry, and discover practical tips for soothing anxiety and rumination. Clients will also find exercises to establish healthy lifestyle habits, regulate emotions and mood, and make decisions with confidence. Finally, these easy-to-follow tips and exercises will show clients how to accept uncertainty and manage unnecessary worry before it spirals out of control.

### Includes tools to help clients:

- Understand the psychological processes that lead to catastrophizing
- Manage worry before it interferes with mental health
- Make peace with uncertainty
- Reclaim control and achieve life goals

*“This is a valuable resource for professionals in the field, and sufferers seeking a deeper understanding.”*

—ADRIAN WELLS, PHD, professor of clinical and experimental psychopathology at The University of Manchester, UK



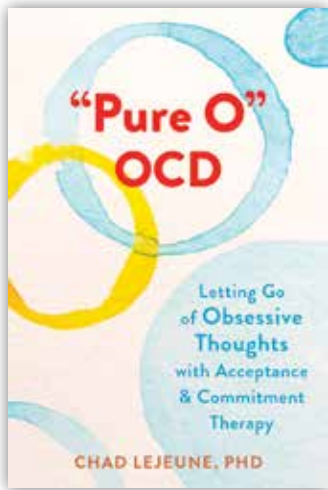
**GRAHAM DAVEY, PHD**, is emeritus professor of psychology at the University of Sussex, UK; where his research interests are anxiety, worry, and phobias. He is past president of the British Psychological Society, and a founding editor in chief of the *Journal of Experimental Psychopathology*.



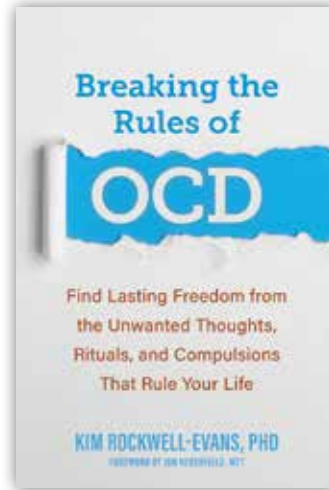
## Also see this client resource

**CAN'T STOP THINKING**

ISBN: 978-1684036776 / US \$18.95



208pp / 2023  
 ISBN: 978-1648480409  
 CODE: 50409 / US \$18.95



208pp / 2023  
 ISBN: 978-1648481024  
 CODE: 51024 / US \$19.95

**“PURE O” OCD**

*Letting Go of Obsessive Thoughts with Acceptance & Commitment Therapy*

**CHAD LEJEUNE, PHD**

This book helps clients explore the root cause of their unwanted thoughts, and provides tools based in acceptance and commitment therapy (ACT) to overcome relentless rumination, regret, and worry. Clients will learn how to move beyond obsessive thoughts and focus instead on values-guided action. By using the five key skills outlined in this book—labeling, letting go, acceptance, mindfulness, and purpose—clients will discover strategies to feel more grounded, and to live a life that truly reflects what matters to them.

**Clients will discover:**

- How to get “unstuck” from obsessive thoughts
- Skills for making decisions with confidence
- Guidance for overcoming fears in the moment
- Values-based strategies for living a more expansive life

*“Sure-footed, kind, and very well written....  
 I highly recommend it.”*

—STEVEN C. HAYES, PHD, originator of ACT



**CHAD LEJEUNE, PHD**, is a clinical psychologist, and professor of psychology at the University of San Francisco. He is a founding fellow of the Academy of Cognitive and Behavioral Therapies, and author of *The Worry Trap*.  
 PHOTO BY STEVEN COX

**BREAKING THE RULES OF OCD**

*Find Lasting Freedom from the Unwanted Thoughts, Rituals & Compulsions That Rule Your Life*

**KIM ROCKWELL-EVANS, PHD**

FOREWORD BY JON HERSHFELD, MFT

This book shines a light on the seven most common “rules” that clients with obsessive-compulsive disorder (OCD) create for themselves, and shows how to break them. Clients will learn to embrace uncertainty, move beyond repetitive thoughts and compulsions, stop avoiding the things that make them uneasy, and start recognizing their anxiety as a false alarm system.

*“The principles and strategies laid out in this book constitute a powerful resource, informed by scientific evidence, for those seeking to tackle their OCD.”*

—LISA W. COYNE, PHD, CEO of the New England Center for Anxiety and OCD



**KIM ROCKWELL-EVANS, PHD**, is a licensed professional counselor and licensed marriage and family therapist with more than thirty-five years of experience treating children, adolescents, and adults with OCD and anxiety disorders.  
 PHOTO BY WILLIE & KIM PHOTOGRAPHY

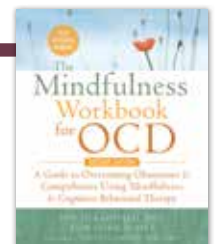
Also see these client workbooks

**THE OCD WORKBOOK, THIRD EDITION**

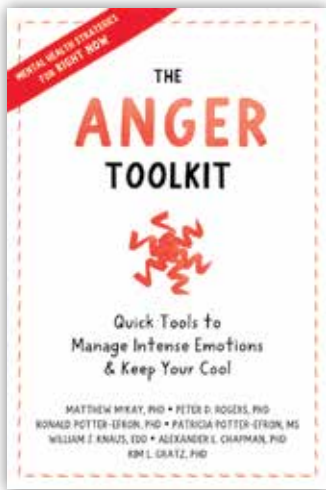
ISBN: 978-1572249219 / US \$25.95

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128pp / 2023  
 ISBN: 978-648481338  
**CODE: 51338 / US \$16.95**

## THE ANGER TOOLKIT

*Quick Tools to Manage Intense Emotions & Keep Your Cool*

**MATTHEW MCKAY, PHD, PETER D. ROGERS, PHD, RONALD POTTER-EFRON, PHD, PATRICIA POTTER-EFRON, MS, WILLIAM J. KNAUS, EDD, ALEXANDER L. CHAPMAN, PHD & KIM L. GRATZ, PHD**

*The Anger Toolkit* offers fast-acting skills, exercises, and tools drawn from cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help clients manage problem anger before it escalates and leads to destructive behavior. Clients will also learn techniques to stay calm in the moment, cope with difficult situations, regulate emotions, and improve their relationships.

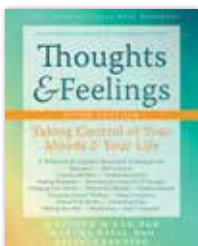


**MATTHEW MCKAY, PHD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Dialectical Behavior Therapy Skills Workbook*, *Self-Esteem*, and *Couple Skills*.



**RONALD POTTER-EFRON, PHD**, is a psychotherapist in private practice in Eau Claire, WI, who specializes in anger management, mental health counseling, and the treatment of addictions. He is author of *Angry All the Time* and *Stop the Anger Now*.

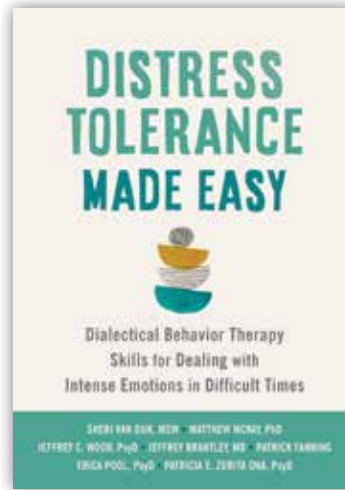
**PATRICIA POTTER-EFRON, MS**, is a clinical psychotherapist at First Things First Counseling Center in Eau Claire, WI. She is coauthor of *Letting Go of Shame* and *The Secret Message of Shame*, as well as several professional books on anger and shame.



Also see this client resource

### THOUGHTS & FEELINGS, FIFTH EDITION

ISBN: 978-1684035489 / **US \$25.95**



152pp / 2023  
 ISBN: 978-1648482373  
**CODE: 52373 / US \$18.95**

## DISTRESS TOLERANCE MADE EASY

*Dialectical Behavior Therapy Skills for Dealing with Intense Emotions in Difficult Times*

**SHERI VAN DIJK, MSW, MATTHEW MCKAY, PHD, JEFFREY C. WOOD, PSYD, JEFFREY BRANTLEY, MD, PATRICK FANNING, ERICA POOL, PSYD, & PATRICIA E. ZURITA ONA, PSYD**

Grounded in dialectical behavior therapy (DBT), this book provides essential skills to help clients stay grounded in the face of distressing situations and emotions. Clients will learn to navigate setbacks without falling back on unhealthy coping habits, and successfully handle life's challenges—without avoidance, anger, or despair.

*“People who struggle with intense emotions and self-destructive behavior will benefit from the information in this book. Valuable for adults and adolescents!”*

—CEDAR KOONS, LCSW, author of *The Mindfulness Solution for Intense Emotions*



**SHERI VAN DIJK, MSW**, is a psychotherapist, and renowned DBT expert. She is author of several books, including *Calming the Emotional Storm* and *Don't Let Your Emotions Run Your Life for Teens*.

PHOTO BY PAUL FARRAR PF

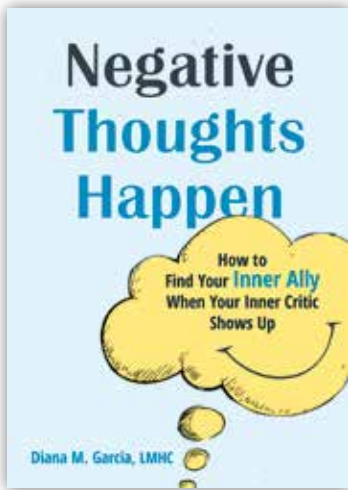


**MATTHEW MCKAY, PHD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *Self-Esteem*, *Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*.



**JEFFREY C. WOOD, PSYD**, lives and works in Las Vegas, NV. He specializes in brief therapy treatments for depression, anxiety, and trauma.





200pp / 2023  
ISBN: 978-1648482250  
CODE: 52250 / US \$18.95

## NEGATIVE THOUGHTS HAPPEN

*How to Find Your Inner Ally When Your Inner Critic Shows Up*

DIANA M. GARCIA, MS, LMHC

This guide offers simple, fast-acting skills drawn from acceptance and commitment therapy (ACT) to help clients move past self-critical thoughts and focus on their values. Clients will discover what drives their negative thoughts, what they can learn from these thoughts, and how to put them in perspective so they can live a better life.

### Clients will have tools to:

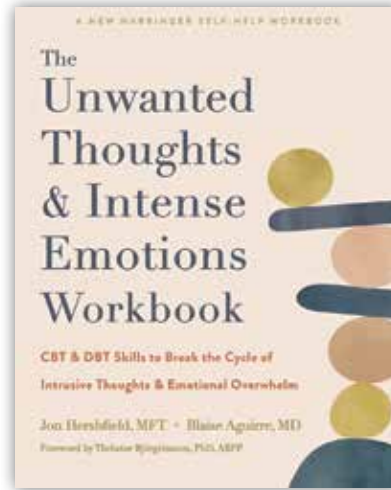
- Respond to negative thoughts in healthy ways
- Quiet their “inner critic”
- Improve their relationship with themselves
- Move forward in life with confidence

*“For anyone feeling ensnared by negative self-talk and seeking meaningful, brave living, this book is a must-read.”*

—STEVEN C. HAYES, PHD, originator of ACT



**DIANA M. GARCIA, MS, LMHC**, is a licensed therapist in Florida who works with individuals and couples, and is founder and owner of Nurturing Minds Counseling. She is a member of the Association for Contextual Behavioral Science (ACBS).



176pp / 2023  
ISBN: 978-1648480553  
CODE: 50553 / US \$24.95

## THE UNWANTED THOUGHTS & INTENSE EMOTIONS WORKBOOK

*CBT & DBT Skills to Break the Cycle of Intrusive Thoughts & Emotional Overwhelm*

JON HERSHFELD, MFT, & BLAISE AGUIRRE, MD

FOREWORD BY THRÖSTUR BJÖRGVINSSON, PHD, ABPP

Based in cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT), this workbook offers a customizable approach to help clients break the cycle of intrusive thoughts and emotional overwhelm. Clients will learn skills to confront and manage distressing thoughts, as well as in-the-moment techniques to stay regulated when these thoughts feel overpowering.

### Clients will discover strategies to:

- Stay grounded in the moment—even in distressing situations
- Gain distance from obsessive and catastrophic thoughts
- Overcome feelings of shame and self-criticism
- Create a mental health action plan

*“I will be recommending this workbook enthusiastically to my patients and colleagues in clinical practice.”*

—MICHAEL YOUNG, MD, medical director of The Retreat at Sheppard Pratt



**JON HERSHFELD, MFT**, is director of The Center for OCD and Anxiety at Sheppard Pratt in Towson, MD. He specializes in the use of mindfulness and CBT for obsessive-compulsive disorder (OCD) and related disorders.



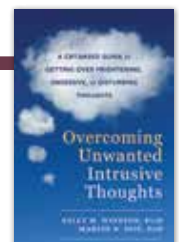
**BLAISE AGUIRRE, MD**, is assistant professor of psychiatry at Harvard Medical School, founding medical director of the 3East DBT continuum at McLean Hospital, and a trainer in DBT.

PHOTO BY MCLEAN HOSPITAL

Also see this client resource

## OVERCOMING UNWANTED INTRUSIVE THOUGHTS

ISBN: 978-1626254343 / US \$17.95





CARD DECK

50 cards / 2023  
ISBN: 978-1648480843  
CODE: 50843 / US \$18.95

## THE BPD CARD DECK

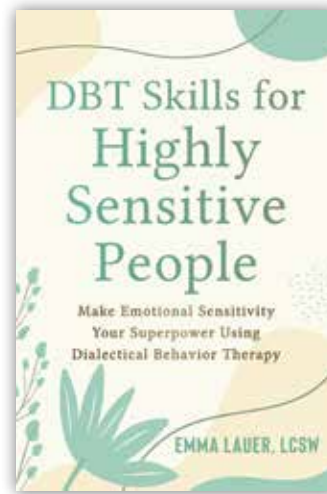
*50 Ways to Balance Emotions & Live Well with Borderline Personality Disorder*

DANIEL J. FOX, PHD

The *BPD Card Deck* provides fifty customizable skills to help clients manage intense emotions, work through feelings of abandonment and emptiness, improve relationships, heal from unstable or negative self-image, increase impulse control, and navigate experiences of dissociation. Used regularly, this essential resource can help clients with borderline personality disorder (BPD) achieve lasting emotional balance.



**DANIEL J. FOX, PHD**, is a licensed psychologist, an international speaker, and award-winning author. He has been specializing in the treatment and assessment of individuals with personality disorders for over twenty years in the state and federal prison system, universities, and in private practice.



176pp / 2023  
ISBN: 978-1648481055  
CODE: 51055 / US \$18.95

## DBT SKILLS FOR HIGHLY SENSITIVE PEOPLE

*Make Emotional Sensitivity Your Superpower Using Dialectical Behavior Therapy*

EMMA LAUER, LCSW

This book helps highly sensitive people (HSPs) understand and balance their emotions, and reframe their sensitivity as a strength, rather than a weakness. Grounded in dialectical behavior therapy (DBT), this compassionate guide offers skills to help clients increase emotional resilience, “read” their body’s physical responses to difficult situations, and self-soothe when the outside world feels too overwhelming.

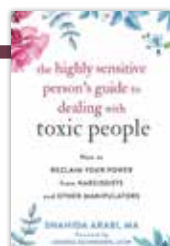
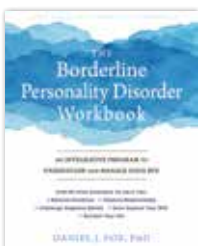
*“Every therapist needs this on their bookshelf!”*

—DAWN DELGADO, LMFT, CEDS-S, EMDR-certified therapist, and certified eating disorder specialist



**EMMA LAUER, LCSW**, is a therapist specializing in the treatment of eating disorders, self-harming behaviors, and trauma. She is clinical supervisor at Find Your Shine Therapy, a group private practice in Tempe, AZ.

PHOTO BY BRIAN BAUTISTA



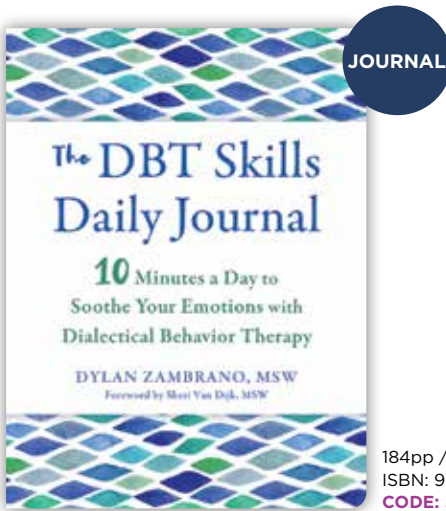
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### THE HIGHLY SENSITIVE PERSON'S GUIDE TO DEALING WITH TOXIC PEOPLE

ISBN: 978-1684035304 / US \$16.95



184pp / 2023  
 ISBN: 978-1648481963  
 CODE: 51963 / US \$18.95

### THE DBT SKILLS DAILY JOURNAL

*10 Minutes a Day to Soothe Your Emotions with Dialectical Behavior Therapy*

**DYLAN ZAMBRANO, MSW**  
 FOREWORD BY SHERI VAN DIJK, MSW

This engaging journal combines powerful guided writing prompts with dialectical behavior therapy (DBT) skills to help clients transform negative thoughts and intense emotions. With ten minutes a day of written reflection, clients will strengthen their knowledge of the four core DBT skills—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—so they can cultivate emotional resilience, increase self-awareness, and cultivate lasting, positive change.

**A daily journal to help clients:**

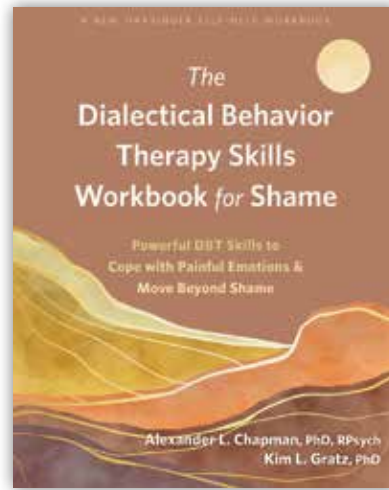
- Process difficult emotions
- Work through challenges
- Reflect on what matters
- Set intentions for the future

*“A wonderful tool to support mindful skills practice.... I look forward to recommending this self-help tool to my clients!”*

—MEGAN CAMERON, MSW, RSW, DBT therapist in private practice



**DYLAN ZAMBRANO, MSW**, is founder and clinical director of DBT Virtual. He has several years of experience working on a DBT team within an outpatient mental health hospital setting, and provides DBT training, consultation, and supervision to other therapists.



224pp / 2023  
 ISBN: 978-1684039616  
 CODE: 49616 / US \$25.95

### THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR SHAME

*Powerful DBT Skills to Cope with Painful Emotions & Move Beyond Shame*

**ALEXANDER L. CHAPMAN, PHD, RPSYCH,**  
**& KIM L. GRATZ, PHD**

This workbook offers a step-by-step approach to help clients navigate feelings of shame using the core skills of emotion regulation, distress tolerance, mindfulness, and interpersonal effectiveness. Clients will learn to cultivate nonjudgmental self-acceptance, and discover strategies for regulating difficult emotions—even in situations that trigger feelings of intense shame or self-directed anger.

*“A comprehensive road map to understanding shame and addressing its often invisible but powerful hold over us.... Highly recommended.”*

—STEVEN C. HAYES, PHD, author of *A Liberated Mind*



**ALEXANDER L. CHAPMAN, PHD, RPSYCH**, is professor, director of clinical training, and coordinator of the clinical science area in the psychology department at Simon Fraser University in Canada, as well as a registered psychologist and president of the DBT Centre of Vancouver.



**KIM L. GRATZ, PHD**, is senior clinical quality manager and clinical lead of the dialectical behavior therapy (DBT) program at Lyra Health. She also holds an appointment in the department of psychology at the University of Toledo, where she previously served as professor and chair.

Also see these client resources

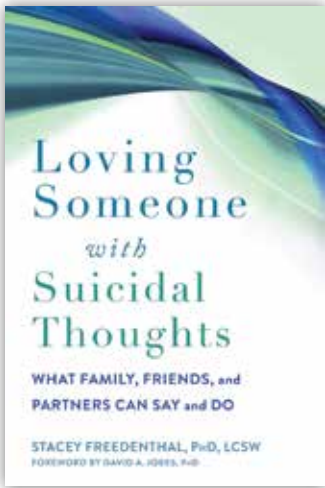
**THE DIALECTICAL BEHAVIOR THERAPY SKILLS CARD DECK** PAGE 37  
**THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK, SECOND EDITION**

ISBN: 978-1684034581 / US \$24.95



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232pp / 2023  
ISBN: 978-1648480249  
CODE: 50249 / US \$19.95

## LOVING SOMEONE WITH SUICIDAL THOUGHTS

*What Family, Friends & Partners Can Say & Do*

**STACEY FREEDENTHAL, PHD, LCSW**  
FOREWORD BY DAVID A. JOBES, PHD

This compassionate guide offers essential skills clients can use to support a loved one who is struggling with suicidal thoughts—without sacrificing their own needs and well-being. Clients will learn techniques to open the lines of communication and approach their loved one with empathy and understanding, as well as practical strategies for navigating their own stress, worry, fear, and anxiety. Drawn from cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindful self-compassion, the tools in this book will help clients recognize the warning signs of suicide risk, create a safety plan, and help their loved one in crisis.

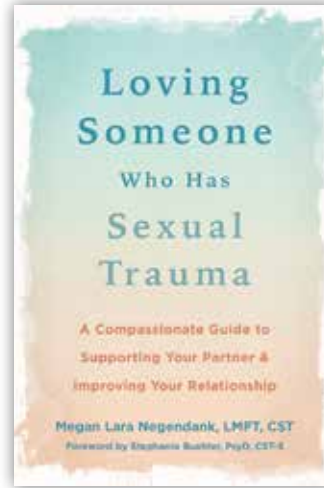
*“This precious book is an essential guide through the perilous storm, a treasure both for everyone who feels suicidal, and for everyone who loves them.”*

—ALLEN FRANCES, MD, Duke University



**STACEY FREEDENTHAL, PHD, LCSW**, is a psychotherapist and consultant in private practice in Denver, CO; and an associate professor at the University of Denver Graduate School of Social Work. Her work focuses on helping people who experience suicidal thoughts or behavior.

PHOTO BY ADRIENNE THOMAS



200pp / 2023  
ISBN: 978-1648481574  
CODE: 51574 / US \$19.95

## LOVING SOMEONE WHO HAS SEXUAL TRAUMA

*A Compassionate Guide to Supporting Your Partner & Improving Your Relationship*

**MEGAN LARA NEGENDANK, LMFT, CST**  
FOREWORD BY STEPHANIE BUEHLER, PSYD, CST-S

A compassionate guide to help clients discover attachment-based communication skills and trauma-informed techniques to understand the full impact of their partner's sexual trauma. Clients will learn how to avoid common triggers, de-escalate from conflict, and build a closer bond—emotionally and physically. Clients will also discover tools to move beyond fear, anger, and detachment to a thriving intimate relationship where both partners feel loved, safe, and connected.

*“An essential and accessible resource for all those who want to help create healing spaces for survivors of sexual trauma.”*

—SUSAN DUBAY, MA, LMFT, internal family systems trauma psychotherapist



**MEGAN LARA NEGENDANK, LMFT, CST**, is founder of Love Heal Grow, a psychotherapy center in Northern California where she specializes in trauma-informed, relationship-focused psychotherapy for survivors of trauma and their partners.

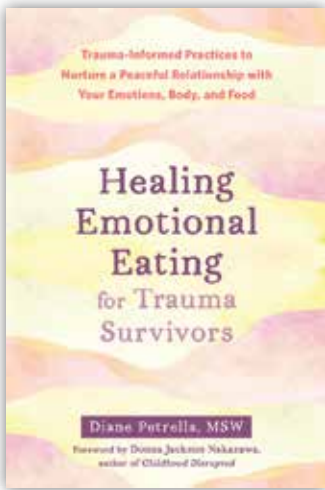
PHOTO BY DINELIA NOEL



Also see this client resource

**THE SUICIDAL THOUGHTS WORKBOOK**

ISBN: 978-1684037025 / US \$21.95



192pp / 2023  
 ISBN: 978-1648481178  
 CODE: 51178 / US \$19.95

## HEALING EMOTIONAL EATING FOR TRAUMA SURVIVORS

*Trauma-Informed Practices to Nurture a Peaceful Relationship with Your Emotions, Body & Food*

**DIANE PETRELLA, MSW**

FOREWORD BY DONNA JACKSON NAKAZAWA

This book offers a trauma-informed approach to overcoming emotional eating using the principles of mindfulness, self-compassion, and neuroscience. This compassionate guide will help your trauma clients gain a deeper understanding of the trauma they've experienced, and discover alternative ways to manage stress and difficult emotions when they arise, without turning to food.

### Clients will learn to:

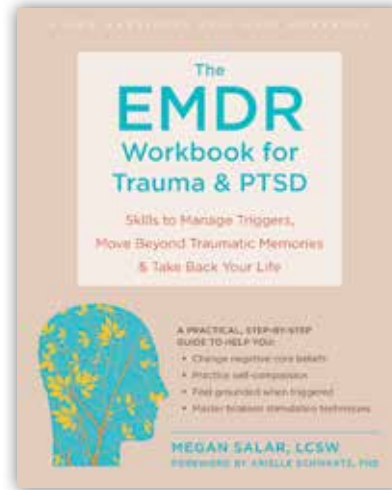
- Calm their anxious brain and body
- Safely process emotions
- Cultivate self-compassion and overcome body shame
- Create an emotionally safe sanctuary with friends, family, and home

*“Practical, smart, and wise, this beautifully crafted guide fills a much-neglected niche in the trauma self-help literature.”*

—JULIE M. SIMON, MA, MBA, LMFT, author of *The Emotional Eater's Repair Manual*



**DIANE PETRELLA, MSW**, is a licensed independent clinical social worker specializing in childhood trauma and emotional eating. She has a private psychotherapy practice in Providence, RI.



168 pp / 2023  
 ISBN: 978-1684039586  
 CODE: 49586 / US \$24.95

## THE EMDR WORKBOOK FOR TRAUMA & PTSD

*Skills to Manage Triggers, Move Beyond Traumatic Memories & Take Back Your Life*

**MEGAN SALAR, LCSW**

FOREWORD BY ARIELLE SCHWARTZ, PHD

This workbook presents a customizable, self-guided eye movement desensitization and reprocessing (EMDR) program to help clients identify and understand the feelings and bodily sensations connected to their trauma. Using the strategies in this book—such as knee tapping and other variations of stimulation—clients can rewire their brain to move beyond negative past experiences, so they can begin the healing process.

### This step-by-step guide will help clients:

- Work through past or current trauma
- Use emotion regulation and grounding techniques
- Identify specific triggers and symptoms
- Move beyond self-limiting beliefs
- Cultivate self-compassion



**MEGAN SALAR, LCSW**, is a licensed clinical social worker who specializes in treating trauma and addiction. She is a certified clinical trauma professional and trainer as well as an EMDR clinician, trainer, and consultant through PESI and Evergreen Certifications.

PHOTO BY CALLIE ANN PHOTOGRAPHY

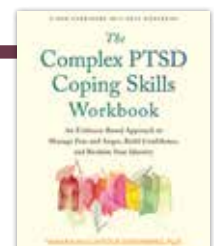
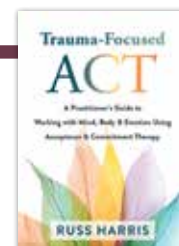
### Also see these resources

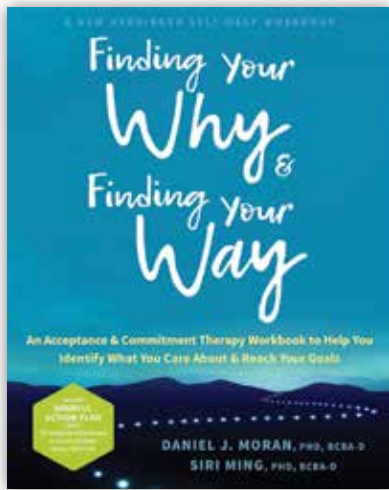
**PROFESSIONAL RESOURCE** **TRAUMA-FOCUSED ACT**

ISBN: 978-1684038213 / US \$59.95

**THE COMPLEX PTSD COPING SKILLS WORKBOOK**

ISBN: 978-1684039708 / US \$24.95





184pp / 2023  
ISBN: 978-1648480713  
CODE: 50713 / US \$24.95

## FINDING YOUR WHY & FINDING YOUR WAY

*An Acceptance & Commitment Therapy Workbook to Help You Identify What You Care About & Reach Your Goals*

**DANIEL J. MORAN, PHD, BCBA-D, & SIRI MING, PHD, BCBA-D**

Using the Mindful Action Plan (MAP) approach—a fully customizable set of skills grounded in acceptance and commitment therapy (ACT)—this step-by-step workbook offers strategies to help clients connect with their values, increase motivation, and start moving toward their life goals. With this guide, clients will learn how to make a commitment to creating lasting, positive change.

Clients will discover tools to help them:

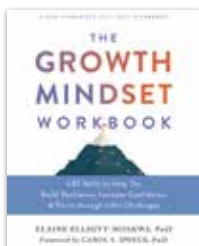
- Identify what matters
- Boost motivation and stay focused
- Make important decisions based on values
- Take action to achieve their goals



**DANIEL J. MORAN, PHD, BCBA-D**, is founder of Pickslyde Consulting, and associate professor at Touro University. He has successfully consulted with small start-up organizations and international Fortune 500 companies to ensure leaders and associates find their why and find their way.



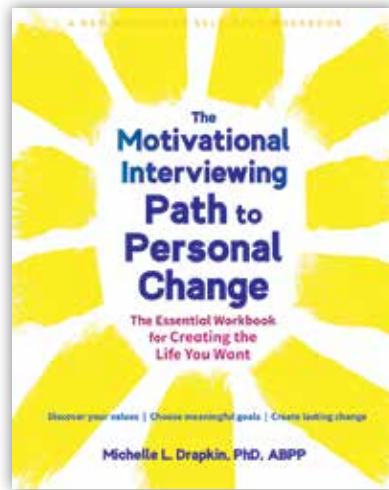
**SIRI MING, PHD, BCBA-D**, (she/her) is a scientist-practitioner with over twenty-five years of experience in the field. She is committed to the compassionate practice of behavior analysis to help people live meaningful, values-directed lives.



Also see this client resource

**THE GROWTH MINDSET WORKBOOK**

ISBN: 978-1684038299 / US \$24.95



184pp / 2023  
ISBN: 978-1648481543  
CODE: 51543 / US \$24.95

## THE MOTIVATIONAL INTERVIEWING PATH TO PERSONAL CHANGE

*The Essential Workbook for Creating the Life You Want*

**MICHELLE L. DRAPKIN, PHD, ABPP**

This empowering guide leverages the science of behavior change to help clients create a life of greater purpose and meaning. Using skills and strategies drawn from motivational interviewing (MI), cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT), clients will create an action plan and make a commitment to positive changes that are aligned with their own values.

This book will help clients:

- Identify what they *really* want
- Start working toward their goals
- Discover ways to navigate challenges effectively
- Gain a more helpful perspective on life

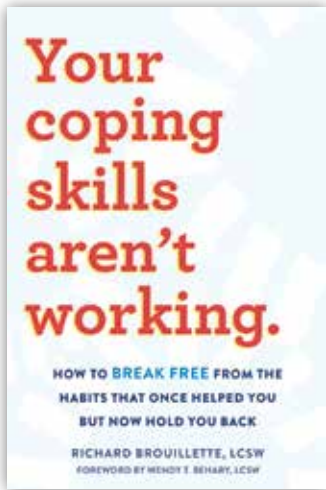
*“This book gently asks compassionate and important questions, teaching us how to listen to our own deepest yearnings.... Highly recommended.”*

—STEVEN C. HAYES, PHD, originator of ACT



**MICHELLE L. DRAPKIN, PHD, ABPP**, is a board-certified psychologist who owns and operates the Cognitive Behavioral Therapy Center, and has worked in behavioral science for more than twenty years. She has trained thousands of health care professionals and industry leaders in motivational interviewing (MI).





200pp / 2023  
 ISBN: 978-1648480997  
 CODE: 50997 / US \$18.95

## YOUR COPING SKILLS AREN'T WORKING

*How to Break Free from the Habits that Once Helped You But Now Hold You Back*

**RICHARD BROUILLETTE, LCSW**  
 FOREWORD BY WENDY T. BEHARY, LCSW

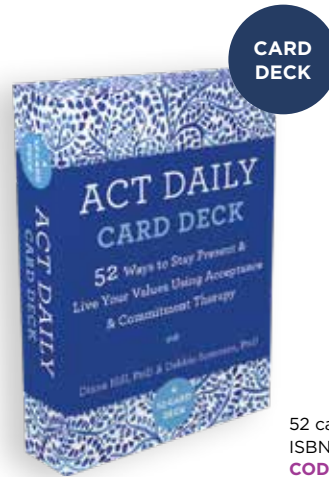
This book offers skills based in schema therapy to help clients change the self-sabotaging behaviors that keep them from reaching their full potential. Clients will identify the negative coping patterns they developed in childhood, understand why they developed them, and find strategies for moving beyond destructive habits. By examining the past and giving voice to their unmet needs, clients will learn to cultivate clarity, security, and confidence in themselves.

*“Powerful therapeutic strategies are woven into a compelling, user-friendly format for personal growth.”*

—KATHRYN RUDLIN, LCSW, schema therapist, and author of *Ghost Mothers*



**RICHARD BROUILLETTE, LCSW**, is a certified schema therapist who works with entrepreneurs, creatives, and activists seeking to overcome anxiety, find fulfillment, and improve their relationships. He has written for *The New York Times*, and is an expert opinion blogger for *Psychology Today*.



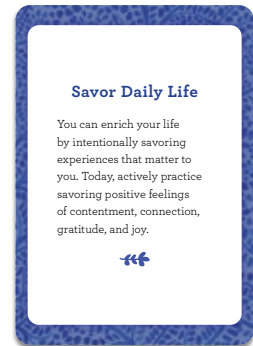
52 cards / 2023  
 ISBN: 978-1648481239  
 CODE: 51239 / US \$18.95

## ACT DAILY CARD DECK

*52 Ways to Stay Present & Live Your Values Using Acceptance & Commitment Therapy*

**DIANA HILL, PHD, & DEBBIE SORENSEN, PHD**

With the *ACT Daily Card Deck*, clients learn the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—as well as skills to put these processes into action every day. Using the cards, clients will gain valuable tools to handle stress, stay present in the moment, increase psychological flexibility, and create lasting positive change.



**DIANA HILL, PHD**, is a clinical psychologist, international trainer, and sought-after speaker on ACT and compassion. She is host of the podcast, *Your Life in Process*, and coauthor with Debbie Sorenson of *ACT Daily Journal*.



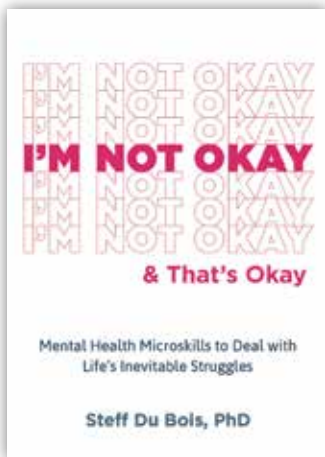
**DEBBIE SORENSEN, PHD**, is a clinical psychologist in private practice in Denver, CO; who specializes in individual therapy for adults with chronic stress, anxiety, and burnout. Sorenson is cohost of the *Psychologists Off the Clock* podcast.

PHOTO BY MEAGAN MURRAY, HAZEL ROOTS PHOTOGRAPHY

Also see this client resource

**ACT DAILY JOURNAL**  
 ISBN: 978-1684037377 / US \$18.95





144pp / 2023  
ISBN: 978-1648481758  
CODE: 51758 / US \$18.95

## I'M NOT OKAY & THAT'S OKAY

*Mental Health Microskills to Deal with Life's Inevitable Struggles*

**STEFF DU BOIS, PHD**

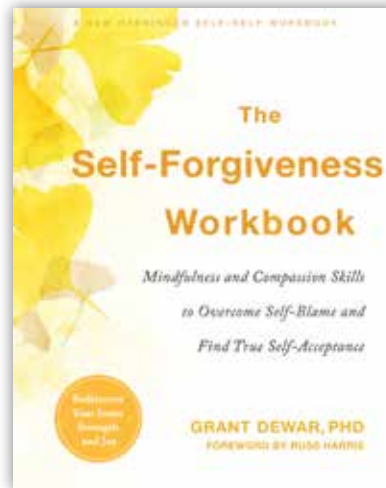
This book offers clients fast-acting cognitive behavioral therapy (CBT) *microskills*—quick strategies for finding immediate relief from intense emotions—to help recognize and break free from negative thinking patterns; cope with feelings of sadness, anger, fear, and frustration; engage in healthier behaviors; and improve their relationships. Clients will also build insight into why they struggle with negative thoughts and emotions—leading to deeper self-awareness and control.

*“Skills-based and grounded in CBT, this book provides a road map, cleverly packaged in small, manageable steps for change that will bring relief, hope, and inspiration.”*

—KAREN SKERRETT, PHD, psychologist at  
The Family Institute at Northwestern University



**STEFF DU BOIS, PHD**, (he/they) is a clinician in private practice, and associate professor of psychology at the Illinois Institute of Technology (IIT). They lead the Du Bois Health Psychology Laboratory, where they mentor psychology students and conduct health psychology research.



200pp / 2023  
ISBN: 978-1684035694  
CODE: 45694 / US \$24.95

## THE SELF-FORGIVENESS WORKBOOK

*Mindfulness and Compassion Skills to Overcome Self-Blame & Find True Self-Acceptance*

**GRANT DEWAR, PHD**

FOREWORD BY RUSS HARRIS

With this workbook, clients learn skills integrating self-forgiveness with acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), functional analytic psychotherapy (FAP), and relational frame theory (RFT). Clients will develop the self-compassion and self-acceptance needed to overcome feelings of shame or guilt, gain a new perspective on past experiences, identify their values, and make an ongoing commitment to positive change.

Clients will discover self-compassionate ways to:

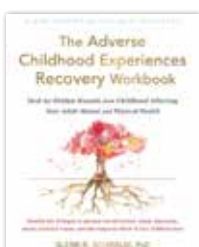
- See themselves with greater kindness
- Break free from negative thoughts and feelings
- Understand what it is they truly value
- Share what they've learned with others

*“A journey of self-discovery, offering insights and tools to navigate regret and self-judgment.”*

—LOUISE MCHUGH, PHD, coauthor of *A Contextual Behavioral Guide to the Self*



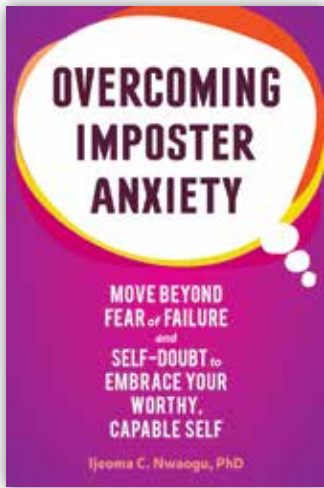
**GRANT DEWAR, PHD**, is adjunct lecturer in the school of psychology at The University of Adelaide in South Australia. Dewar's work focuses on improving responses and creating solutions to the devastating effects of self-harm to individuals and their communities.



Also see this client resource

## THE ADVERSE CHILDHOOD EXPERIENCES RECOVERY WORKBOOK

ISBN: 978-1684036646 / US \$24.95



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## OVERCOMING IMPOSTER ANXIETY

*Move Beyond Fear of Failure & Self-Doubt to Embrace Your Worthy, Capable Self*

IJEOMA C. NWAOGU, PHD

In *Overcoming Imposter Anxiety*, clients will find strategies grounded in liberation psychology and cognitive behavioral therapy (CBT) to move beyond feelings of self-doubt, alleviate fear of failure, and live with authenticity. Clients will also identify the root cause of self-sabotaging behaviors, shift their mindset to honor their achievements and affirm their own strengths, and move forward in life with confidence.

Clients will discover tools to:

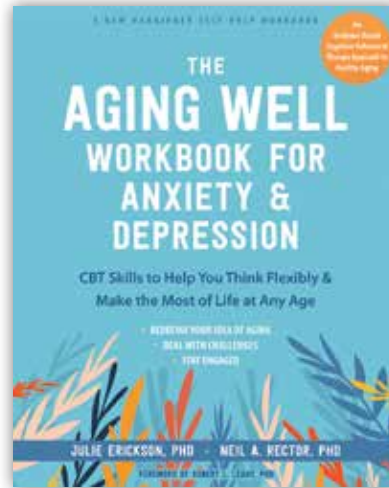
- Manage self-doubting thoughts and feelings
- Overcome fear of failure
- Leverage their unique qualities
- Build an encouraging support network

*“A deeply authentic narrative with practical underpinnings of how to recognize, cope, and move beyond imposter anxiety without experiencing shame and guilt.”*

—NATHANIEL BROWN, PHD, Johns Hopkins University School of Education



**IJEOMA C. NWAOGU, PHD**, is a credentialed life coach and owner of Everlead, LLC, a leadership development coaching and consulting enterprise. Nwaogu leads numerous talks across the United States on overcoming imposter anxiety.



208pp / 2023  
 ISBN: 978-1648481260  
 CODE: 51260 / US \$25.95

## THE AGING WELL WORKBOOK FOR ANXIETY & DEPRESSION

*CBT Skills to Help You Think Flexibly & Make the Most of Life at Any Age*

JULIE ERICKSON, PHD, & NEIL A. RECTOR, PHD  
 FOREWORD BY ROBERT L. LEAHY, PHD

This workbook offers skills drawn from cognitive behavioral therapy (CBT) to help aging clients learn to think flexibly, so they can reduce worry and feel more engaged with life. Clients will discover strategies for managing anxiety and depression, as well as lifestyle tips to help reduce symptoms in the future.

This evidence-based guide will help clients:

- Learn the art of flexible thinking
- Redefine what it means to age
- Improve mental health and increase well-being
- Live life to the fullest



**JULIE ERICKSON, PHD**, is a clinical psychologist, and adjunct faculty member in the department of applied psychology and human development at the University of Toronto. She maintains an active clinical practice focusing on the treatment of adults across the lifespan.

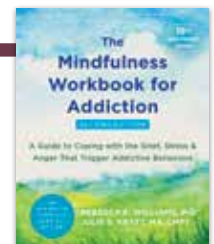


**NEIL A. RECTOR, PHD**, is a clinical psychologist, director of the mood and anxiety program in the department of psychiatry at the Sunnybrook Health Sciences Centre, and a full professor at the University of Toronto.

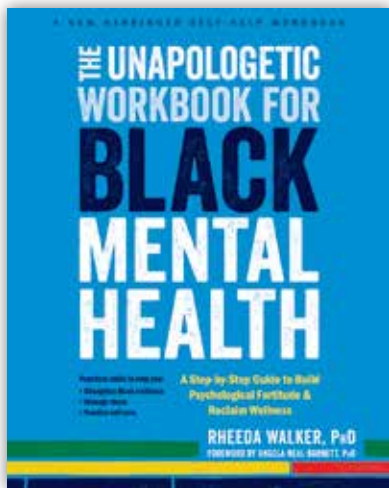
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**THE MINDFULNESS WORKBOOK FOR ADDICTION, SECOND EDITION**

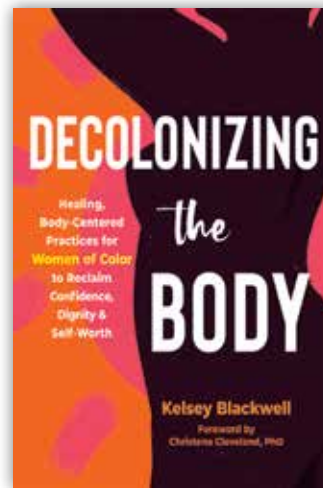
ISBN: 978-1684038107 / US \$24.95







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184pp / 2023  
 ISBN: 978-1648480614  
 CODE: 50614 / US \$19.95

## THE UNAPOLOGETIC WORKBOOK FOR BLACK MENTAL HEALTH

*A Step-by-Step Guide to Build Psychological Fortitude & Reclaim Wellness*

**RHEEDA WALKER, PHD**

FOREWORD BY ANGELA NEAL-BARNETT, PHD

This workbook offers clients a step-by-step journey toward better mental health. Grounded in cognitive behavioral therapy (CBT) and cultural psychology, clients will gain skills to cultivate resilience, build confidence, manage stress, prioritize self-care, balance emotions, and improve overall well-being.

### Clients will discover:

- How racism can impact mental health
- Strategies for building psychological fortitude
- Skills to set healthy boundaries
- How to amplify cultural and spiritual resources

*“Refreshingly clear, affirming, and sheds new light on strengthening resilience and values-based living for Black people, without diminishing the pervasiveness of racism in our society.”*

—SIERRA CARTER, PHD, associate professor of clinical and community psychology at Georgia State University



**RHEEDA WALKER, PHD**, is an award-winning professor of psychology at the University of Houston. She is a behavioral science researcher, licensed clinical psychologist, and author of *The Unapologetic Guide to Black Mental Health*.

PHOTO BY BRANDI COOPER

## DECOLONIZING THE BODY

*Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity & Self-Worth*

**KELSEY BLACKWELL**

FOREWORD BY CHRISTENA CLEVELAND, PHD

This book offers somatic practices to help clients recognize and heal from the embodied impacts of systemic racial oppression. Clients will learn how bodies are colonized through systems of oppression, how to be more present and centered in the moment, and how to cultivate a greater sense of community with others.

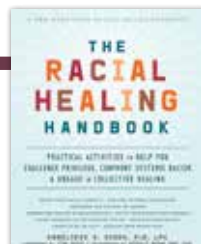
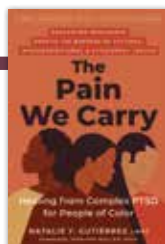
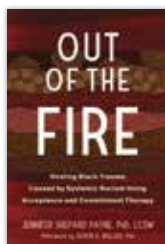
*“A vital offering to women of color seeking a somatic approach to community healing. Practical, earthy, and wise.”*

—RUTH KING, author of *Mindful of Race*



**KELSEY BLACKWELL** is a cultural somatic practitioner and writer dedicated to supporting women of color to trust and follow the guidance of the body so we may powerfully radiate our worth, dignity, and wisdom in a world which sorely needs this brilliance.

PHOTO BY NAME NAME

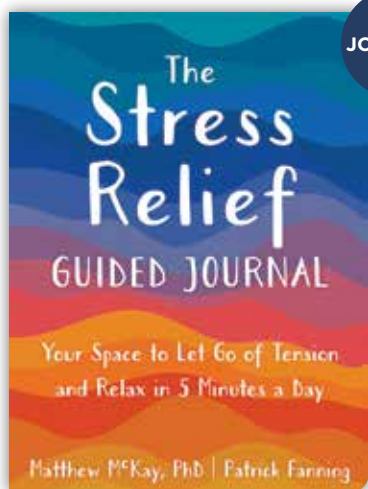


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**THE PAIN WE CARRY** ISBN: 978-1684039319 / US \$17.95

**THE RACIAL HEALING HANDBOOK** ISBN: 978-1684032709 / US \$24.95



JOURNAL

176pp / 2023  
 ISBN: 978-1648481673  
 CODE: 51673 / US \$18.95

### THE STRESS RELIEF GUIDED JOURNAL

*Your Space to Let Go of Tension & Relax in 5 Minutes a Day*  
**MATTHEW MCKAY, PHD, & PATRICK FANNING**

In *The Stress Relief Guided Journal*, clients will discover strategies to unwind when stress feels overwhelming—including progressive relaxation, self-hypnosis, visualization, and mindfulness. The engaging writing practices in this guided journal will help clients understand why they are feeling overwhelmed, so they can create a stress-relief action plan that is tailored to their needs.

*“An accessible, helpful, and transformative path into the realm of mindful awareness and mind-body healing.”*

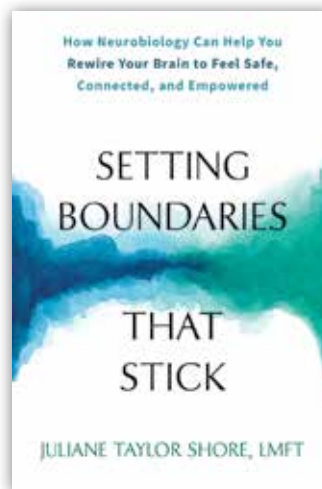
—JEFFREY BRANTLEY, MD, founder of the Mindfulness Based Stress Reduction program at Duke Integrative Medicine



**MATTHEW MCKAY, PHD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Dialectical Behavior Therapy Skills Workbook*, *Self-Esteem, Thoughts and Feelings*, and *Couple Skills*.



**PATRICK FANNING** is a professional writer in the mental health field, and founder of a men's support group in Northern California. He has authored and coauthored twelve self-help books, including *Self-Esteem, Thoughts and Feelings, Couple Skills*, and *Mind and Emotions*.



184pp / 2023  
 ISBN: 978-1648481291  
 CODE: 51291 / US \$18.95

### SETTING BOUNDARIES THAT STICK

*How Neurobiology Can Help You Rewire Your Brain to Feel Safe, Connected & Empowered*

**JULIANE TAYLOR SHORE, LMFT**  
 FOREWORD BY REBECCA WONG, LCSW-R

This book offers a neurobiological approach to help clients establish effective boundaries with others. Clients will learn to set limits by cultivating an “integrated brain,” so they can respond to others with intention rather than relying on instinct or emotions. Clients will also find exercises and activities to create physical and psychological boundaries, and build a solid framework for more authentic connection with others.

*“The most comprehensive, sophisticated, and scientifically rigorous exploration of boundaries that I have ever come across, all while managing to be incredibly readable and practical.”*

—TORI OLDS, PHD, cofounder of Deep Eddy Psychotherapy, and associate instructor at the Coherence Therapy Institute



**JULIANE TAYLOR SHORE, LMFT**, is a clinician and teacher of interpersonal neurobiology. Shore specializes in trauma recovery and in relational healing for individual adults and romantic partnerships, and teaches therapists internationally.

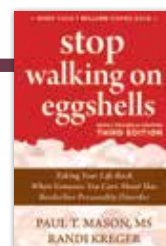
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#### STOP WALKING ON EGGHELLS, THIRD EDITION

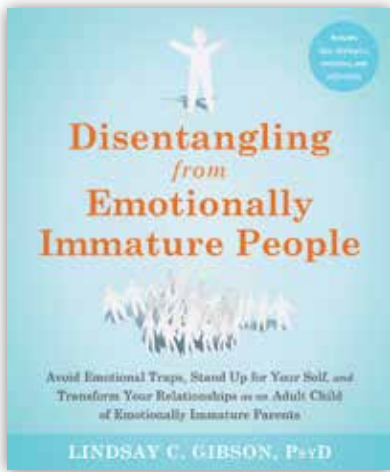
ISBN: 978-1684036899 / US \$20.95

#### THE BETTER BOUNDARIES WORKBOOK

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 CODE: 51512 / US \$21.95

## DISENTANGLING FROM EMOTIONALLY IMMATURE PEOPLE

*Avoid Emotional Traps, Stand Up for Your Self & Transform Your Relationships as an Adult Child of Emotionally Immature Parents*

**LINDSAY C. GIBSON, PSYD**

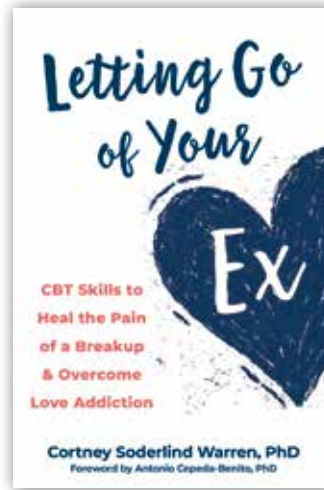
Psychologist Lindsay Gibson offers essential and practical solutions to help adult children of emotionally immature parents (ACEIPs) disentangle from other emotionally immature people (EIPs) in their lives. Clients will discover profound insights and explorations into the most common challenges ACEIPs face, and find gentle guidance to help build self-confidence, set boundaries, and establish healthy and reciprocal relationships.

*“An indispensable book for anyone struggling in close relationships with emotionally immature people.”*

—Yael Schonbrun, PhD, cohost of the *Psychologists Off the Clock* podcast



**LINDSAY C. GIBSON, PSYD**, is a clinical psychologist in private practice who specializes in individual psychotherapy and coaching with ACEIPs. She is author of *Adult Children of Emotionally Immature Parents*.



200pp / 2023  
 ISBN: 978-1648480379  
 CODE: 50379 / US \$18.95

## LETTING GO OF YOUR EX

*CBT Skills to Heal the Pain of a Breakup & Overcome Love Addiction*

**CORTNEY SODERLIND WARREN, PHD, ABPP**  
 FOREWORD BY ANTONIO CEPEDA-BENITO, PHD

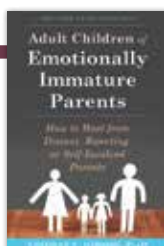
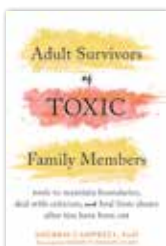
*Letting Go of Your Ex* offers evidence-based skills grounded in cognitive behavioral therapy (CBT) to help clients heal from a love-addicted breakup. Clients will find tools to manage intense emotions, stop dwelling on the past, and start focusing on the present. This guide will help clients move past anger, sadness, frustration, and pain; and emerge as stronger, more honest, and authentic versions of themselves.

*“An empathic path to growth and empowerment.”*

—PHILLIP LEVENDUSKY, PHD, ABPP,  
 faculty at McLean Hospital and Harvard Medical School



**CORTNEY SODERLIND WARREN, PHD, ABPP**, is a board-certified clinical psychologist and expert on addictions, eating pathology, self-deception, and the practice of psychotherapy from a cross-cultural perspective. She works as a research consultant, speaker, and coach.



Also see these client resources

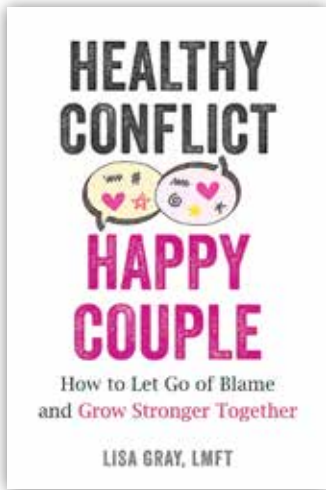
### ADULT SURVIVORS OF TOXIC FAMILY MEMBERS

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### ADULT CHILDREN OF EMOTIONALLY IMMATURE PARENTS

ISBN: 978-16262511700 / US \$18.95





184pp / 2023  
 ISBN: 978-1648481697  
 CODE: 51697 / US \$19.95

## HEALTHY CONFLICT, HAPPY COUPLE

*How to Let Go of Blame & Grow Stronger Together*

LISA GRAY, LMFT

Grounded in neuroscience, this book examines the relationship beliefs, attitudes, and habits that lead to conflict; and provides practical methods clients can use in any situation to put an end to unproductive arguments with their partner. Clients will also find powerful mindfulness skills to stay calm, work through disagreements, and come to a peaceful resolution—even when emotions are running high.

### Clients will learn:

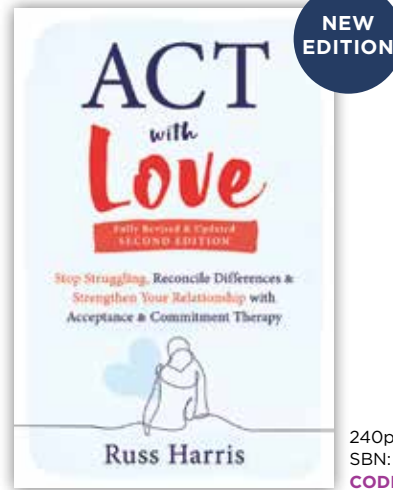
- Why they fight, and how to fight productively
- Skills to manage conflict in the moment
- Breathing techniques to soothe anger
- Problem-solving skills to cultivate lasting harmony

*“This is a book every client and therapist should have on their shelf.”*

—CATHERINE AUMAN, LMFT, psychotherapist, and author of *Shortcuts to Mindfulness*



LISA GRAY, LMFT, is a licensed mental health professional specializing in high-conflict couples for more than twenty years. She has a private practice in the San Francisco Bay Area.



240pp / 2023  
 ISBN: 978-1648481635  
 CODE: 51635 / US \$18.95

## ACT WITH LOVE, SECOND EDITION

*Stop Struggling, Reconcile Differences & Strengthen Your Relationship with Acceptance & Commitment Therapy*

RUSS HARRIS

In this fully revised and updated edition, clients will learn how to build more compassionate, accepting, and loving relationships using acceptance and commitment therapy (ACT). Clients will also discover strategies for moving past difficult thoughts and feelings, building genuine intimacy, and strengthening their connection with their partner.

### » NEW TO THIS EDITION:

- » New information on attachment theory
- » Powerful mindfulness and self-compassion techniques
- » Assertiveness and boundary-setting skills
- » Techniques to increase intimacy, connection, and caring
- » Conflict resolution strategies
- » Skills to help clients be fully present with their partner

*“This highly successful book by a master developer of ACT is even more practical and relationship-enhancing.... Highly recommended.”*

—STEVEN C. HAYES, PHD, codeveloper of ACT, and author of *A Liberated Mind*



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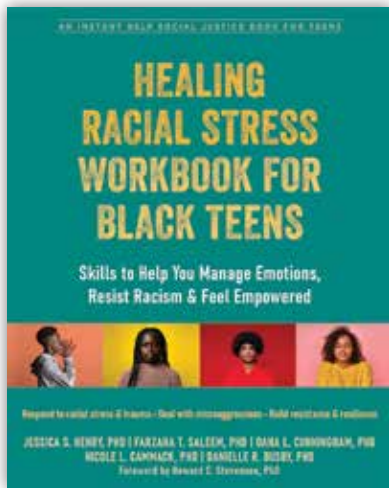
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 FOREWORD BY HOWARD C. STEVENSON, PHD

Written by a team of Black mental health experts and grounded in culturally responsive cognitive behavioral therapy (CBT), this engaging workbook offers powerful strategies to help teen clients manage emotions and heal racial stress caused by microaggressions, stereotypes, bullying, unfair treatment, and overt racism. Clients will also learn to find strength in their cultural identity, and gain the skills needed to resist racism in day-to-day life.



**JESSICA S. HENRY, PHD**, is a licensed clinical psychologist in Washington, DC; Maryland; and Georgia. She is cofounder and vice president of program development and evaluation for the Black Mental Wellness, Corp.  
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**FARZANA T. SALEEM, PHD**, is assistant professor in the graduate school of education at Stanford University. She is codeveloper of the group-based intervention, TRANSFORM, designed to heal racial stress and trauma among youth of color.



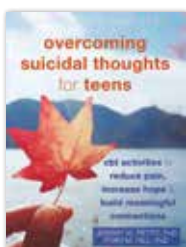
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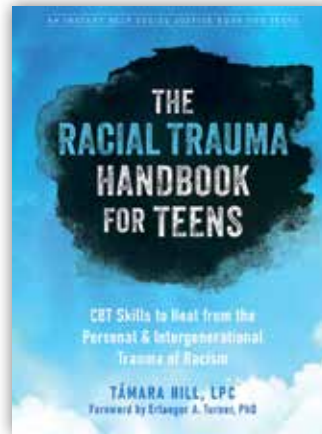
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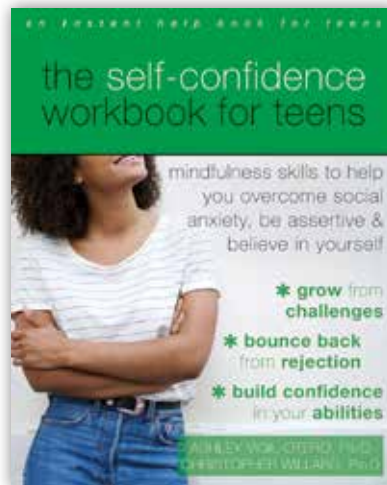


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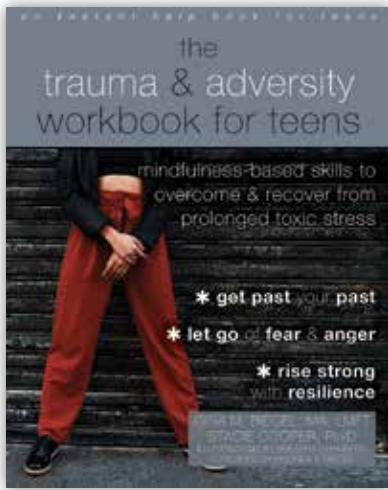


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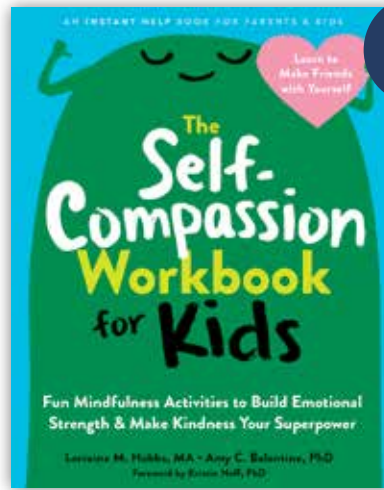
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**GINA M. BIEGEL, MA, LMFT**, is a psychotherapist, researcher, speaker, and author specializing in mindfulness-based work with adolescents. In 2004, she founded and created the evidence-based mindfulness-based stress reduction for teens (MBSR-T) program.



**STACIE COOPER, PSYD**, is a transition coach, author, speaker, and Pilates and mindfulness instructor certified in MBSR-T. She has published several books, and facilitates MBSR-T workshops in community centers, schools, and online.

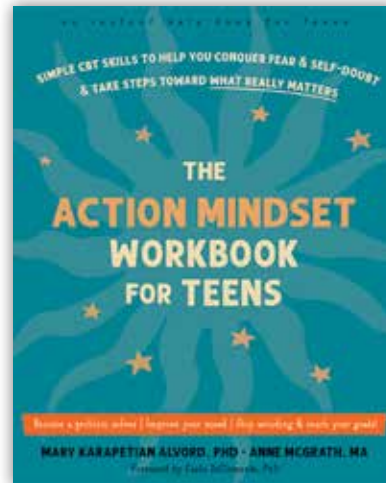


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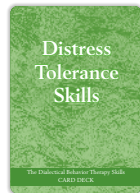
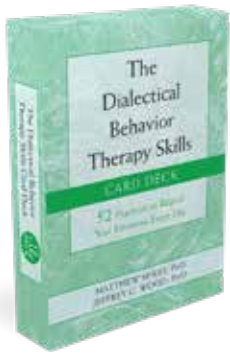
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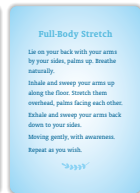
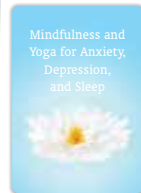


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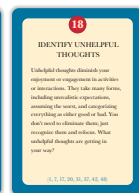
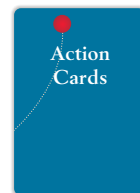
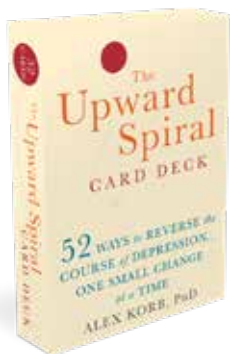
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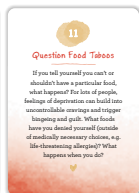


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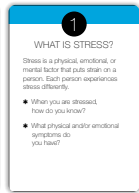
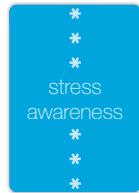
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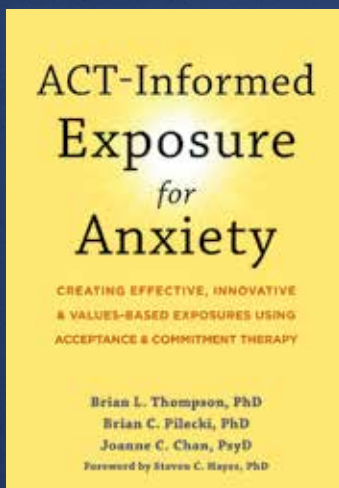
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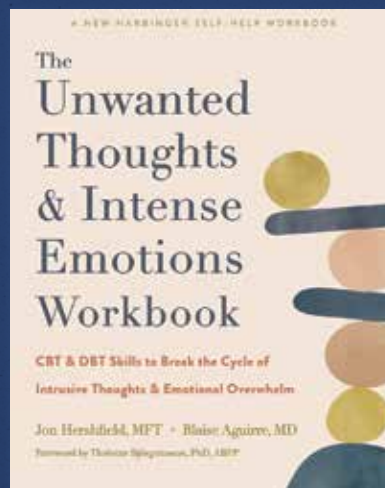
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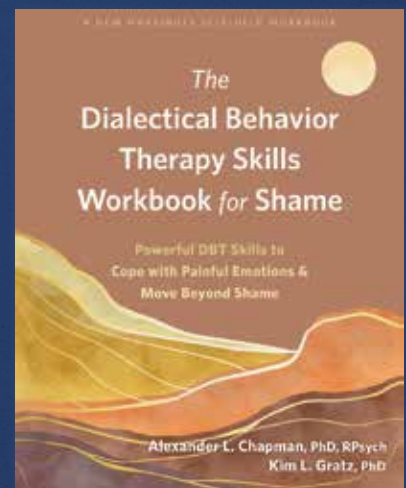
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