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HUMAN NATURE AND SUFFERING

Routledge Human Nature and Suffering is a profound comment on the human condition, from the perspective of evolutionary psychology. Paul Gilbert explores the implications of humans as evolved social animals, suggesting that evolution has given rise to a varied set of social competencies, which form the basis of our personal knowledge and understanding. Gilbert shows how our primitive competencies become modified by experience - both satisfactorily and unsatisfactorily. He highlights how cultural factors may modify and activate many of these primitive competencies, leading to pathology proneness and behaviours that are collectively survival threatening. These varied themes are brought together to indicate how the social construction of self arises from the organization of knowledge encoded within the competencies. This Classic Edition features a new introduction from the author, bringing Gilbert's early work to a new audience. The book will be of interest to clinicians, researchers and historians in the field of psychology.

THE PSYCHOLOGY OF PERFECTIONISM

THEORY, RESEARCH, APPLICATIONS

Routledge This milestone text provides a comprehensive and state-of-the art overview of perfectionism theory, research, and treatment from the past 25 years, with contributions from the leading researchers in the field. The book examines new theories and perspectives including the social disconnection model of perfectionism and the 2 x 2 model of perfectionism. It also reviews empirical findings, with a special focus on stress, vulnerability, and resilience, and examines perfectionism in specific populations. Finally, it considers how perfectionism relates to physical health

and psychophysiological processes and introduces new approaches to effective prevention and treatment. By increasing our understanding of perfectionism as a complex personality disposition and providing a framework for future explorations, this landmark publication aims to promote further research in this field. It will be invaluable reading for academics, students, and professionals in personality psychology, clinical and counseling psychology, applied psychology, and related disciplines.

PERFECTIONISM

A RELATIONAL APPROACH TO CONCEPTUALIZATION, ASSESSMENT, AND TREATMENT

Guilford Publications Grounded in decades of influential research, this book thoroughly examines perfectionism: how it develops, its underlying mechanisms and psychological costs, and how to target it effectively in psychotherapy. The authors describe how perfectionistic tendencies--rooted in early relational and developmental experiences--make people vulnerable to a wide range of clinical problems. They present an integrative treatment approach and demonstrate ways to tailor interventions to the needs of individual clients. A group treatment model is also detailed. State-of-the-art assessment tools are discussed (and provided at the companion website). Throughout the book, vivid clinical illustrations make the core ideas and techniques concrete.ÿ ÿ

PERFECTIONISM, HEALTH, AND WELL-BEING

Springer This book brings together the world's leading perfectionism researchers and theorists to present their latest findings and ideas on how and why perfectionism may confer risks or benefits for health and well-being, as well as the contexts which may shape these relationships. In addition to providing an overview of the latest research in this field, this volume explores new conceptual models that may help further our understanding of when, how, and why perfectionism may be implicated in health and well-being. After presenting an overview of the conceptual and measurement issues surrounding the concepts of perfectionism, health, and well-being, three sections address the implications of perfectionism for health and well-being. The first of these sections provides an overview of research and theory on the role of perfectionism in health and illness, health behaviors, and chronic illness. The next section of the book focuses on the cognitive and affective underpinnings of perfectionism as they relate to psychopathology, distress, and well-being, including how it applies to eating disorders, depression, and anxiety. The final section of the book explores specific contexts and how they may contour the associations of perfectionism with health and well-being, such as in the domains of interpersonal relationships, academic pursuits, and work-related settings. Perfectionism and wellbeing is a topic not just for researchers and scholars, but clinicians and practitioners as well. For this reason, chapters also include a discussion of prevention and treatment issues surrounding perfectionism where relevant. By doing so, this volume is an important resource for not only researchers, but also for those who may

wish to use it in applied and clinical settings. By presenting the latest theory and research on perfectionism, health, and well-being with a translational focus, *Perfectionism, Health, and Well-Being* makes a unique and significant contribution to perfectionism as well as general wellness literature, and highlights the need to address the burden of perfectionism for health and well-being. .

ADOLESCENCE AND BODY IMAGE

FROM DEVELOPMENT TO PREVENTING DISSATISFACTION

Routledge *Body image is a significant issue for the majority of adolescents. Anxieties relating to body image can be crippling across both genders, their debilitating effects sometimes leading to mental health problems. This important book is the first of its kind to focus specifically on adolescents, providing a comprehensive overview of the biological, psychological and socio-cultural factors relating to the development of body image. It also provides a detailed review of the measures which can be taken to address body dissatisfaction. Discussing the role of culture, family, peers, schools, sport and media in stimulating a negative body image, the book also examines the different challenges faced by girls and boys as they grow. Eating disorders and body change strategies are also addressed, as well as the challenges faced by youngsters affected by conditions causing visible differences, such as hair loss in cancer patients. The book also presents original research, including the results from a large Australian study of the body image and associated health behaviours of adolescent boys, and the results of a study of current teaching practices relating to body image. Adolescence and Body Image will be ideal reading for students and researchers from a variety of fields, including developmental, health, and social psychology, sociology, and cultural and health studies. Professionals working with young people, whether in education, health promotion or any other allied discipline will also find this book an invaluable resource.*

PERFECTIONISM

THEORY, RESEARCH, AND TREATMENT

Washington, DC : American Psychological Association Contributors *focus on the maladaptive aspects of perfectionism and explore such questions as: How is perfectionism assessed and conceptualized? How does perfectionism develop? What is the role of emotion, stress, or depression in perfectionism? Why are perfectionists anxious? When is perfectionism irrational? Leading scholars reveal perfectionism as a personality style with multiple developmental influences that contribute to significant interpersonal problems. Their chapters combine the best current research with insights relevant to the treatment and origins of perfectionism. Perfectionism will be a welcome resource for researchers, clinicians, counselors, and educators who encounter perfectionists in their work and all others who are interested in learning more about this challenging personality style.*

COGNITIVE-BEHAVIORAL TREATMENT OF PERFECTIONISM

Guilford Publications *This practical resource provides an evidence-based framework*

for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

MEASURES OF PERSONALITY AND SOCIAL PSYCHOLOGICAL CONSTRUCTS

Academic Press Measures of Personality and Social Psychological Constructs assists researchers and practitioners by identifying and reviewing the best scales/measures for a variety of constructs. Each chapter discusses test validity, reliability, and utility. Authors have focused on the most often used and cited scales/measures, with a particular emphasis on those published in recent years. Each scale is identified and described, the sample on which it was developed is summarized, and reliability and validity data are presented, followed by presentation of the scale, in full or in part, where such permission has been obtained. Measures fall into five broad groups. The emotional disposition section reviews measures of general affective tendencies, and/or cognitive dispositions closely linked to emotion. These measures include hope and optimism, anger and hostility, life satisfaction, self-esteem, confidence, and affect dimensions. Emotion regulation scales go beyond general dispositions to measure factors that may contribute to understanding and managing emotions. These measures include alexithymia, empathy, resiliency, coping, sensation seeking, and ability and trait emotional intelligence. The interpersonal styles section introduces some traditional social-psychological themes in the context of personality assessment. These measures include adult attachment, concerns with public image and social evaluation, and forgiveness. The vices and virtues section reflects adherence to moral standards as an individual characteristic shaped by sociocultural influences and personality. These measures include values and moral personality, religiosity, dark personalities (Machiavellianism, narcissism, and subclinical psychopathy), and perfectionism. The sociocultural interaction and conflict section addresses relationships between different groups and associated attitudes. These measures include cross-cultural values, personality and beliefs, intergroup contact, stereotyping and prejudice, attitudes towards sexual orientation, and personality across cultures. Encompasses 25 different areas of psychology research Each scale has validity, reliability info, info on test bias, etc Multiple scales discussed for each construct Discussion of which scales are appropriate in which circumstances and to what populations Examples of scales included

THE PSYCHOLOGY OF PERFECTIONISM IN SPORT, DANCE AND EXERCISE

Routledge Perfectionism has been found to play an important yet complex role in

sport, dance and exercise. This collection provides a comprehensive and up-to-date account of theory, measurement, research findings, and practitioner issues associated with perfectionism, providing readers with insights into both its benefits and its costs. The book features contributions from many of the leading researchers in the field, and also includes recommendations from experienced practitioners and clinicians on how best to work with perfectionists. This book will provide students and researchers in sport and exercise psychology, as well as coaches and instructors in sport, dance and exercise, with an invaluable resource to guide their research and practice.

BODY IMAGE DISTURBANCE

ASSESSMENT AND TREATMENT

Pergamon Includes Obligatory Exercise Questionnaire, Teasing Assessment Scale, Body Image Anxiety Scale, and the Multidimensional Body Self-relations Questionnaire. Table 4.1 includes a listing of measures used in the assessment of size estimation accuracy and subjective aspects of body image disturbance.

BODY POSITIVE

UNDERSTANDING AND IMPROVING BODY IMAGE IN SCIENCE AND PRACTICE

Cambridge University Press Explains what makes people love and appreciate their bodies, and offers advice on how we can all do the same.

HANDBOOK OF POSITIVE BODY IMAGE AND EMBODIMENT

CONSTRUCTS, PROTECTIVE FACTORS, AND INTERVENTIONS

Oxford University Press For five decades, negative body image has been a major focus of study due to its association with psychological and social morbidity, including eating disorders. However, more recently the body image construct has broadened to include positive ways of living in the body, enabling greater understanding of embodied well-being, as well as protective factors and interventions to guide the prevention and treatment of eating disorders. Handbook of Positive Body Image and Embodiment is the first comprehensive, research-based resource to address the breadth of innovative theoretical concepts and related practices concerning positive ways of living in the body, including positive body image and embodiment. Presenting 37 chapters by world-renowned experts in body image and eating behaviors, this state-of-the-art collection delineates constructs of positive body image and embodiment, as well as social environments (such as families, peers, schools, media, and the Internet) and therapeutic processes that can enhance them. Constructs examined include positive embodiment, body appreciation, body functionality, body image flexibility, broad conceptualization of beauty, intuitive eating, and attuned sexuality. Also discussed are protective factors, such as environments that promote body acceptance, personal safety, diversity, and activism, and a resistant stance towards objectification, media images, and

restrictive feminine ideals. The handbook also explores how therapeutic interventions (including Acceptance and Commitment Therapy, Cognitive Dissonance, and many more) and public health and policy initiatives can inform scholarly, clinical, and prevention-based work in the field of eating disorders.

ANOREXIA AND BULIMIA NERVOSA

BoD – Books on Demand The prevalence of eating disorders such as anorexia and bulimia nervosa is growing, and these disorders are affecting adolescents and young adults at increasingly younger ages. This has led to a greater number of patients presenting to health services. Although novel therapeutic approaches have been introduced in recent decades, the mortality rates of patients with anorexia and bulimia nervosa remain alarmingly high. The course of anorexia nervosa in particular is often chronic and can lead to persistent disability. This book covers the clinical features and symptoms, neurobiology, pathophysiology, and current and potential future treatment options for both anorexia and bulimia nervosa. It also highlights the important aspects of support for families and their perspectives on these disorders.

MENTAL CAPITAL AND WELLBEING

John Wiley & Sons This major new reference presents *The Foresight Mental Capital and Wellbeing Project* (a UK Government project in the Government Office for Science). It offers a comprehensive exploration of how mental capital and wellbeing operate over the lifespan; how experiences in the family, in school, at work and following retirement augment or reduce mental capital and wellbeing, and the impact that this has for the individual and for the welfare and economic progress of the nation. *Mental Capital and Wellbeing* comprises a series of scientific reviews written by leading international scientists and social scientists in the field. The reviews undertake systematic analyses of the evidence base surrounding five key themes, on which they propose future policies will have to be based. An internationally renowned team of Editors introduce each theme and draw together conclusions in terms of both policy and practice. **Section 1 (Mental Capital and Wellbeing Through Life)** – Mental capital refers to the totality of an individual's cognitive and emotional resources, including their cognitive capability, flexibility and efficiency of learning, emotional intelligence and resilience in the face of stress. The extent of an individual's resources reflects his or her basic endowment (e.g. genes and early biological programming), motivation and experiences (e.g. education) which take place throughout the life course. This section presents the very latest on the science of mental capital throughout life. **Section 2 (Learning Through Life)** provides a coherent overview of a fast-moving and complex field of policy and practice. Educational attainment has a considerable impact on physical and mental wellbeing, both directly and indirectly, by enabling people better to achieve their goals. The ability to continue learning throughout the lifespan is critical to a successful and rewarding life in contemporary societies. **Section 3 (Mental Health and Ill-Health)** draws together the most recent evidence about positive mental health as well as a range of mental disorders to consider their importance to the population and economy in terms of prevalence and disability and the wider burden on society.

Section 4 (Wellbeing and Work) – It is estimated that 13 million working days are lost through stress each year, costing the economy over £3.7 billion per annum. This theme explores those drivers that influence the nature and structure of work and the impact this has on employee wellbeing. Section 5 (Learning Difficulties) – This theme provides a cutting-edge picture of how recent insights from genetics, cognitive and neuroscience improve our understanding of learning difficulties such as dyslexia, dyscalculia and attention-deficit-hyperactivity disorder. Reviews focus on how current research can contribute to early diagnosis and improved intervention.

ESSENTIAL PROCESSES FOR ATTAINING PEAK PERFORMANCE

Meyer & Meyer Verlag Addresses a topic of relevance to the field of sport and exercise psychology: expert athletic performance. This volume reflects the discussions on the topic of athletic expertise based on a particular theoretical point of view or empirical research. It allows the reader to consider a variety of subdomains within the topic of sport expertise.

OVERCOMING PERFECTIONISM

A SELF-HELP GUIDE USING SCIENTIFICALLY SUPPORTED COGNITIVE BEHAVIOURAL TECHNIQUES

Hachette UK How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') it can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview

THE PSYCHOLOGY OF PARENTAL CONTROL

HOW WELL-MEANT PARENTING BACKFIRES

Psychology Press What is parental control? Is it positive or negative for children? What makes parents controlling with their children, even when they value supporting children's autonomy? Are there alternatives to control and how might we apply them in important domains of children's lives, such as school and sports? This book addresses these and other questions about the meaning and predictors of parental control, as well as its consequences for children's adjustment and well-being. While the topic of parental control is not new, there has been controversy about the concept, with some researchers and clinicians weighing in on the side of control and

others against it. This book argues that part of the controversy stems from different uses of the term, with some investigators focusing more on parents being in control and others on controlling children. Using a definition of control as "pressure for children to think, feel, or behave in specific ways," the author explores research on parental control, arguing that there is more consensus than previously thought. Using this research base, the author provides evidence that parental control can be subtle and can lurk within many "positive" parenting approaches; parental control undermines the very behaviors we wish to inculcate in our children; providing autonomy support--the opposite of control--is a challenge, even when parents are committed to doing so. With controversy in the literature about parental control and attention in the media on the ways in which parents step over the control line (e.g., screaming on the soccer sidelines, pressuring children in academics), this book is especially timely. It provides an empathic view of how easily parents can become trapped in controlling styles by emphasizing performance and hooking their own self-esteem on children's performance. Examples of how this can happen in academic, sporting, and peer situations with their emphasis on competition and hierarchy are provided, as well as strategies for parenting in highly involved but autonomy supportive ways. A highly readable yet research-based treatment of the topic of parental control, this book: *explores the controversial topic of parental control; addresses controversy about the positive and negative effects of parental control; and disentangles various parenting concepts, such as involvement, structure, and control; *illustrates how control can be overt, such as in the use of corporal punishment or covert, as in the use of controlling praise; *provides evidence that control may produce compliance in children preventing them from initiating and taking responsibility for their own behavior; *explores why parents are controlling with their children, including environmental and economic stresses and strains, characteristics of children that "pull" for control, and factors in parents' own psychologies that lead them to be "hooked" on children's performance; and *provides examples of control in the areas of academics and sports--the hierarchical and competitive nature of these domains is seen as contributing to parents' tendencies to become controlling in these areas.

LOOMING VULNERABILITY

THEORY, RESEARCH AND PRACTICE IN ANXIETY

Springer This stimulating resource presents the Looming Vulnerability Model, a nuanced take on the cognitive-behavioral conceptualization of anxiety, worry, and other responses to real or imagined threat. The core feature of the model—the perception of growing, rapidly approaching threat—is traced to humans' evolutionary past, and this dysfunctional perception is described as it affects cognitive processing, executive functioning, emotions, physiology, and behavior. The LVM framework allows for more subtle understanding of mechanisms of and risk factors for the range of anxiety disorders as well as for more elusive subclinical forms of anxiety, worry, and fear. In addition, the authors ably demonstrate how the LVM can inform and refine cognitive-behavioral and other approaches to conceptualization, assessment, and treatment of these often disabling conditions. This important

volume: · Introduces the Looming Vulnerability Model in its evolutionary, developmental, cognitive, and ecological contexts. · Unites diverse theoretical strands regarding anxiety, fear, and worry including work on wildlife behavior, experimental cognition and perception, neuroimaging, and emotion. · Defines the looming cognitive style as a core aspect of vulnerability. · Describes the measurement of the looming cognitive style, Looming Maladaptive Style Questionnaire, and measures of looming vulnerability for specific disorders. · Details diverse clinical applications of the LVM across the anxiety disorders. Spotlighting phenomena particularly relevant to current times, Looming Vulnerability, brings a wealth of important new ideas to researchers studying anxiety disorders and practitioners seeking more avenues for treating anxiety in their patients.

COGNITIVE-BEHAVIORAL THERAPY FOR BODY DYSMORPHIC DISORDER

A TREATMENT MANUAL

*Guilford Press "Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance, not a psychological problem. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that are core features of BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying. See also the related self-help guide by Dr. Wilhelm, *Feeling Good about the Way You Look*, an ideal recommendation for clients with BDD or less severe body image problems."*--

SELF-COMPASSION

THE PROVEN POWER OF BEING KIND TO YOURSELF

*Hachette UK Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. *Self Compassion* offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. *Self Compassion* recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.'*

Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell

CHILDHOOD ABUSE, BODY SHAME, AND ADDICTIVE PLASTIC SURGERY

THE FACE OF TRAUMA

Routledge *Childhood Abuse, Body Shame, and Addictive Plastic Surgery* explores the psychopathology that plastic surgeons can encounter when seemingly excellent surgical candidates develop body dysmorphic disorder postoperatively. By examining how developmental abuse and neglect influence body image, personality, addictions, resilience, and adult health, this highly readable book uncovers the childhood sources of body dysmorphic disorder. Written from the unique perspective of a leading plastic surgeon with extensive experience in this area and featuring many poignant clinical vignettes and groundbreaking trauma research, this heavily referenced text offers a new explanation for body dysmorphic disorder that provides help for therapists and surgeons and hope for patients.

THE PSYCHOLOGY OF MUSIC PERFORMANCE ANXIETY

Oxford University Press *Why are some performers exhilarated and energized about performing in public, while others feel a crushing sense of fear and dread, and experience public performance as an overwhelming challenge that must be endured? These are the questions addressed in this book, the first rigorous exposition of this complex phenomenon.*

HANDBOOK OF MINDFULNESS AND SELF-REGULATION

Springer *This empirically robust resource examines multiple ways mindfulness can be harnessed to support self-regulation, in part as a real-world component of therapy. Its authoritative coverage approaches complex mind/brain connections from neuroscience, cognitive, personality, social, clinical, and Buddhist perspectives, both within and outside traditional meditation practice. In domains such as letting go of harmful habits and addictions, dealing with depression and anxiety, regulating emotions, and training cognitive function, contributors show how mindfulness-based interventions encourage and inspire change. In addition to scientific coverage, experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians. Included in the Handbook: Mindfulness and its role in overcoming automatic mental processes Burning issues in dispositional mindfulness research Self-compassion: what it is, what it does, and how it relates to mindfulness Mindfulness-based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor's clothes: a look behind the Western mindfulness mystique Heralding a new era of mind/brain research--and deftly explaining our enduring fascination with mindfulness in the process--the Handbook of Mindfulness and Self-Regulation will enhance the work of scholars and practitioners.*

EATING AND WEIGHT DISORDERS

Psychology Press Eating disorders refer to a range of problems characterized by abnormal eating behaviours and beliefs about eating, weight, and shape. Eating disorders, which are classified as psychiatric problems, and obesity, which is classified as a general medical condition, reflect a diverse and perplexing array of biological, social, and psychological phenomena. Beginning with a comprehensive overview of eating and weight disorders, this volume also covers: anorexia nervosa bulimia nervosa atypical eating disorders and binge eating disorders obesity. Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

HANDBOOK OF LIFE COURSE HEALTH DEVELOPMENT

Springer This book is open access under a CC BY 4.0 license. This handbook synthesizes and analyzes the growing knowledge base on life course health development (LCHD) from the prenatal period through emerging adulthood, with implications for clinical practice and public health. It presents LCHD as an innovative field with a sound theoretical framework for understanding wellness and disease from a lifespan perspective, replacing previous medical, biopsychosocial, and early genomic models of health. Interdisciplinary chapters discuss major health concerns (diabetes, obesity), important less-studied conditions (hearing, kidney health), and large-scale issues (nutrition, adversity) from a lifespan viewpoint. In addition, chapters address methodological approaches and challenges by analyzing existing measures, studies, and surveys. The book concludes with the editors' research agenda that proposes priorities for future LCHD research and its application to health care practice and health policy. Topics featured in the Handbook include: The prenatal period and its effect on child obesity and metabolic outcomes. Pregnancy complications and their effect on women's cardiovascular health. A multi-level approach for obesity prevention in children. Application of the LCHD framework to autism spectrum disorder. Socioeconomic disadvantage and its influence on health development across the lifespan. The importance of nutrition to optimal health development across the lifespan. The Handbook of Life Course Health Development is a must-have resource for researchers, clinicians/professionals, and graduate students in developmental psychology/science; maternal and child health; social work; health economics; educational policy and politics; and medical law as well as many interrelated subdisciplines in psychology, medicine, public health, mental health, education, social welfare, economics, sociology, and law.

OXFORD GUIDE TO BEHAVIOURAL EXPERIMENTS IN COGNITIVE THERAPY

OUP Oxford Behavioural experiments are one of the central and most powerful methods of intervention in cognitive therapy. Yet until now, there has been no

volume specifically dedicated to guiding physicians who wish to design and implement behavioural experiments across a wide range of clinical problems. The Oxford Guide to Behavioural Experiments in Cognitive Therapy fills this gap. It is written by clinicians for clinicians. It is a practical, easy to read handbook, which is relevant for practising clinicians at every level, from trainees to cognitive therapy supervisors. Following a foreword by David Clark, the first two chapters provide a theoretical and practical background for the understanding and development of behavioural experiments. Thereafter, the remaining chapters of the book focus on particular problem areas. These include problems which have been the traditional focus of cognitive therapy (e.g. depression, anxiety disorders), as well as those which have only more recently become a subject of study (bipolar disorder, psychotic symptoms), and some which are still in their relative infancy (physical health problems, brain injury). The book also includes several chapters on transdiagnostic problems, such as avoidance of affect, low self-esteem, interpersonal issues, and self-injurious behaviour. A final chapter by Christine Padesky provides some signposts for future development. Containing examples of over 200 behavioural experiments, this book will be of enormous practical value for all those involved in cognitive behavioural therapy, as well as stimulating exploration and creativity in both its readers and their patients.

MENTAL HEALTH CHALLENGES IN ELITE SPORT: BALANCING RISK WITH REWARD

Frontiers Media SA Elite sport typically provides obvious rewards in terms of recognition, finance and acclaim for athletic performance. Increasingly, we are becoming aware of the risks that elite athletes, their entourage, including families, sport-science support team and coaches are exposed to. Twelve original articles, seven commentaries and a corrigendum, are structured in a five chapter format. Chapter 1, comprising the Editorial, is titled "An Overview of Mental Health in Elite Sport: Changing the Play Book" to reflect the advocacy role of this article. Chapter 2 ("Finding the Sweet Spot") amplifies the voice of key stakeholders across three qualitative studies with three additional commentaries. Quantitative evidence is presented in Chapter 3 which has the sub-title the "State of Play." Chapter 4, entitled the "Field of Play", includes three original publications which present contrasting conceptual approaches to guide researchers in hypothesis generation, formulation and implementation science. Finally, in Chapter 5, "Seeing the Ball Early", prospective perspectives are provided in three publications reinforced by two commentaries. The future thinking ideas includes the use of virtual reality training, a broadening of the concept of mental health literacy, tackling stigma and focusing on the potential positive effect of the natural environment on well-being and recovery. To date the research topic has generated widespread in the field. For example, several articles have generated an Altmetric score above 40 with one publication meriting an Altmetric score of 102. We envisage that the impact of this e-book will not simply be measured in citations, views, downloads nor social media impact, but in the discourse that emerges from this collection of contributions from a combined total of 53 authors from across three continents. It is our hope that this e-book,

providing a snapshot of global challenges for elite athletes mental health and well-being, becomes a touchstone for researchers and practitioners in the field.

COMPASSION FOCUSED THERAPY

DISTINCTIVE FEATURES

Routledge Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) – a process of developing compassion for the self and others to increase well-being and aid recovery – varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts – Theory and Compassion Practice – this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

HIDDEN AND LESSER-KNOWN DISORDERED EATING BEHAVIORS IN MEDICAL AND PSYCHIATRIC CONDITIONS

Springer Nature This book provides up-to-date information on lesser known eating disorders (EDs) and eating related disorders. EDs and eating-related disorders include a highly heterogeneous group of syndromes and symptoms characterized by abnormal eating and weight control behaviors that can appear in all genders and ages. EDs can lead to high rates of morbidity and mortality, especially if they are misdiagnosed and untreated. The risk of underestimation is high for the lesser-known ED, and when unhealthy eating behaviors appear in unusual situations, such as some medical and psychiatric pathologies, adults and the elderly, sexual minorities etc. The volume examines EDs in specific populations (the elderly, males, infants and toddlers, sexual minorities, etc.). Several chapters explore in detail lesser-known EDs (anorexia athletica, avoidant/restrictive food intake disorder, chewing and spitting, EDs by proxy, EDs after bariatric surgery, muscle dysmorphia, night-eating syndrome, nocturnal sleep-related eating disorder, orthorexia nervosa, pica, rumination disorder, etc.). Finally, other chapters address features of unhealthy eating and weight control behaviors associated with medical diseases (achalasia, craniopharyngioma, cystic fibrosis, cyclic vomiting syndrome, diabetes, dysphagia, Kleine-Levin syndrome, Klinefelter syndrome, Parkinson disease, Prader-Willi syndrome, Turner syndrome, etc.) The book will be a valuable resource for all health professionals who work in the fields of psychiatry, clinical psychology, eating disorders, obesity, medicine, clinical nutrition, public health, and prevention, allowing them to broaden their understanding of these disorders, and to enhance their clinical ability to diagnose them.

YOU ARE NOT YOUR BRAIN

THE 4-STEP SOLUTION FOR CHANGING BAD HABITS, ENDING UNHEALTHY THINKING, AND TAKING CONTROL OF YOUR LIFE

*Penguin Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.*

THE PSYCHOLOGY OF MEN AND MASCULINITIES

American Psychological Association (APA) This volume synthesizes and evaluates major theories, research, and applications in the psychology of men and masculinities--a thriving, growing field dedicated to the study of how men's lives shape, and are shaped by, sex and gender. "

SHAME IN CONTEXT

*Routledge In this enlightening and gracefully written study, Susan Miller examines shame in a variety of clinical contexts en route to a richer understanding of shame dynamics. Miller attends especially to the role of shame in creating and maintaining character pathology and devotes separate sections of the book to shame in the context of obsessive-compulsive, narcissistic, and masochistic personality organizations. Within each of these clinical contexts, a chapter of theoretical discussion is followed by a chapter of engaging case examples. Integral to *Shame in Context* is Miller's informed and thoughtful critique of current theories about shame, including those of Broucek, Morrison, Schore, Wurmser, Nathanson, and Kinston. In reviewing the contributions of these and other writers, she is most concerned with*

achieving a balanced comprehension of shame that incorporates the insights of different theoretical perspectives without embracing the selective emphases of any one investigator or school of thought. Like Freud, she appreciates the defensive utility of shame, but she attends equally to the painful and at times pathogenic aspects of shame experiences. In line with more recent shame literature, she emphasizes the pathogenicity of early shaming, but she is equally sensitive to the role of shame in sustaining character defenses. And she goes beyond the purview of other shame researchers in examining the ways in which individuals unconsciously seek to maintain shame experiences when these experiences sustain their personality organizations. Offering a critical evaluation and synthesis of contemporary shame theories, and culminating in a balanced clinical understanding of shame in its various contexts, *Shame in Context* takes its place as, in the words of Frances Broucek, "the most sophisticated and definitive clinical study of shame to date."

OBSESSIVE-COMPULSIVE DISORDER

CORE INTERVENTIONS IN THE TREATMENT OF OBSESSIVE-COMPULSIVE DISORDER AND BODY DYSMORPHIC DISORDER (NICE GUIDELINES)

BPS Books This guideline has been developed to advise on the identification, treatment and management of obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD). Although distinct disorders, OCD and BDD share a number of common features and there is a high degree of similarity between the treatments for the two conditions. The guideline recommendations have been developed by a multidisciplinary team of healthcare professionals, people with OCD, a carer and guideline methodologists after careful consideration of the best available evidence. It is intended that the guideline will be useful to clinicians and service commissioners in providing and planning high quality care for those with OCD and BDD while also emphasising the importance of the experience of care for people with OCD, BDD, and carers. This guideline addresses aspects of service provision, psychological and pharmacological approaches for those with OCD and BDD from the age of 8 upwards. Although the evidence base is rapidly expanding, there are a number of major gaps and future revisions of this guideline will incorporate new scientific evidence as it develops. The guideline makes a number of research recommendations specifically to address these gaps in the evidence base. In the meantime, we hope that the guideline will assist clinicians, people with these disorders and their carers by identifying the merits of particular treatment approaches where the evidence from research and clinical experience exists.

INTERNATIONAL HANDBOOK OF SUICIDE PREVENTION

RESEARCH, POLICY AND PRACTICE

John Wiley & Sons The *International Handbook of Suicide Prevention* showcases the latest cutting-edge research from the world's leading authorities, and highlights policy and practice implications for the prevention of suicide. Brings together the

world's leading authorities on suicidal behaviour, renowned for their suicide prevention research, policy and practice Addresses the key questions of why people attempt suicide, the best interventions, treatments and care for those at risk, and the key international challenges in trying to prevent suicide Describes up-to-date, theoretically-derived and evidence-based research and practice from across the globe, which will have implications across countries, cultures and the lifespan

COGNITIVE BEHAVIOR THERAPY, SECOND EDITION

BASICS AND BEYOND

*Guilford Press The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2" x 11" size. See also Dr. Beck's Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work, which addresses ways to solve frequently encountered problems with patients who are not making progress. New to This Edition*Reflects over 15 years of research advances and the author's ongoing experience as a clinician, teacher, and supervisor.*Chapters on the evaluation session and behavioral activation.*Increased emphasis on the therapeutic relationship, building on patients' strengths, and homework.*Now even more practical: features reproducibles and a sample case write-up.*

THE SELF CONFIDENCE WORKBOOK

Althea Press Actively build self confidence in your everyday life with effective tools and strategies from The Self Confidence Workbook. Self confidence begins with knowing yourself. From facing fears to practicing acceptance and self-compassion, The Self Confidence Workbook offers practical, accessible strategies to get to know your best self and see real-world results. Barbara Markway, PhD, a licensed psychologist with nearly 30 years of experience, and writer Celia Ampel help you vanquish the demons of self-doubt and guide you through real-life, self confidence landmines like relationships, work, and health. With a goal-oriented approach, these proven strategies silence the self-critic within and guide you toward living your best life with confidence. Walk out on stage, ask for a raise, write a blog post, or ask someone out on a date. This self confidence workbook helps you achieve whatever you set your mind to, with: A 5-step program that begins with setting goals and uses evidence-based strategies to foster acceptance, mindfulness, self-compassion, etc. Interactive exercises that include reflections, checklists, and quizzes to foster self-confidence A guide to understanding self-confidence that defines what it means to be confident, and determines your level of self confidence as a starting reference

Remember who you are, what you value, and gain self confidence in all areas of your life with *The Self Confidence Workbook*.

COGNITIVE BEHAVIOURAL THERAPY FOR DUMMIES

John Wiley & Sons An updated edition of the bestselling guide on reprogramming one's negative thoughts and behaviour Once the province of mental health professionals, CBT (or Cognitive Behavioural Therapy) has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety, manage anger, beat an addiction, lose weight or simply gain a new outlook on life. Written by two CBT therapists, this bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you. Includes tips on establishing ten healthy attitudes for living as well as ten ways to lighten up Helps you chart a path by defining problems and setting goals Offers advice on taking a fresh look at your past, overcoming any obstacles to progress as well as ways to maintain your CBT gains Includes new and refreshed content, including chapters on how to beat an addiction and overcome body image issues With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, the book is brimming with invaluable suggestions that will have even a confirmed pessimist well armed for the journey forward.

INTRODUCTION TO MEDIATION, MODERATION, AND CONDITIONAL PROCESS ANALYSIS, SECOND EDITION

A REGRESSION-BASED APPROACH

Guilford Publications Lauded for its easy-to-understand, conversational discussion of the fundamentals of mediation, moderation, and conditional process analysis, this book has been fully revised with 50% new content, including sections on working with multicategorical antecedent variables, the use of PROCESS version 3 for SPSS and SAS for model estimation, and annotated PROCESS v3 outputs. Using the principles of ordinary least squares regression, Andrew F. Hayes carefully explains procedures for testing hypotheses about the conditions under and the mechanisms by which causal effects operate, as well as the moderation of such mechanisms. Hayes shows how to estimate and interpret direct, indirect, and conditional effects; probe and visualize interactions; test questions about moderated mediation; and report different types of analyses. Data for all the examples are available on the companion website (www.afhayes.com), along with links to download PROCESS. New to This Edition *Chapters on using each type of analysis with multicategorical antecedent variables. *Example analyses using PROCESS v3, with annotated outputs throughout the book. *More tips and advice, including new or revised discussions of formally testing moderation of a mechanism using the index of moderated mediation; effect size in mediation analysis; comparing conditional effects in models with more than one moderator; using R code for visualizing interactions; distinguishing between testing interaction and probing it; and more. *Rewritten

Appendix A, which provides the only documentation of PROCESS v3, including 13 new preprogrammed models that combine moderation with serial mediation or parallel and serial mediation. *Appendix B, describing how to create customized models in PROCESS v3 or edit preprogrammed models.

THE BROKEN MIRROR

UNDERSTANDING AND TREATING BODY DYSMORPHIC DISORDER

Oxford University Press, USA *Explores the symptoms and causes of BDD, in which a victim is obsessed with perceived flaws in her appearance, and describes therapies used to treat the disorder.*

NON-SUICIDAL SELF-INJURY IN EATING DISORDERS

ADVANCEMENTS IN ETIOLOGY AND TREATMENT

Springer Science & Business Media *Non-suicidal self-injury and eating disorders represent significant problems among today's youth and pose unique challenges for clinicians, particularly when they co-occur. This book is a rare resource in that it provides cutting-edge information on the interactions between self-injury and disordered eating, empirically informed treatments for the co-occurrence of these behaviors, and specific topics relevant to understanding nuances in the risk factors, treatment, and prevention of both self-injury and eating disorders. Practitioners, graduate students, and researchers working within this specialized area will find this text to be instrumental in advancing their knowledge and improving the treatment of self-injury in those with eating disorders.*