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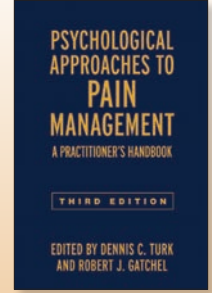
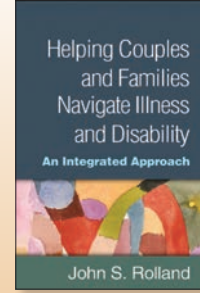
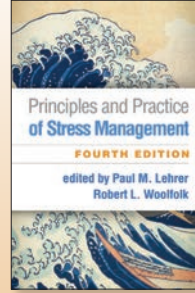
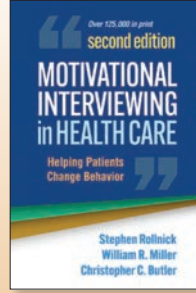
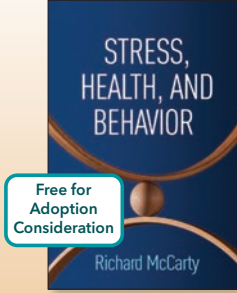
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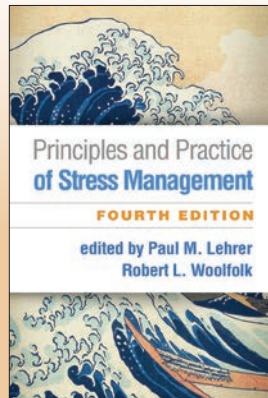
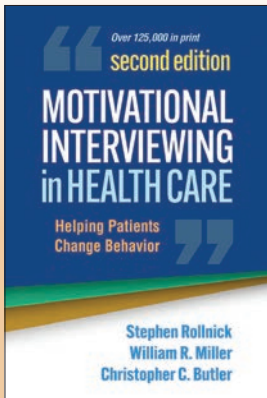
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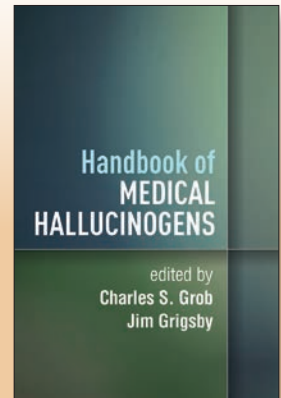
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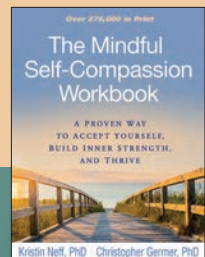
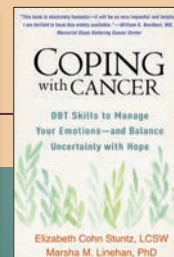
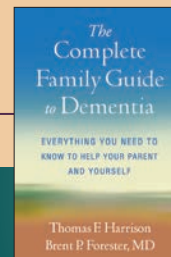
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# Motivational Interviewing in Health Care

SECOND EDITION

*Helping Patients Change Behavior*

Stephen Rollnick, PhD, William R. Miller, PhD,  
and Christopher C. Butler, MD

“Rollnick, Miller, and Butler do a terrific job of breaking down motivational interviewing (MI) skills for students and practitioners using MI for health behavior change....In all aspects of health care, we come across clients who could benefit from changing behaviors, and this book is instrumental as a guide.”

—Toby Spiegel, PsyD

“In its second edition, this is a ‘must-have’....Delightful to read, clear, concise, and addresses current topics such as using MI remotely and MI and vaccine hesitancy.”

—Melinda Hohman, PhD, MSW

**N**ow in a significantly revised second edition, this concise work is a valuable resource for mental health clinicians who practice or provide training in medical settings, and an ideal recommendation for physicians, nurses, and other health care professionals. The book explains ways that MI techniques can transform conversations about managing chronic and acute conditions and making healthier choices. It includes vivid sample dialogues, tips, and scripts.

**NEW TO THIS EDITION:** ✓ Restructured around the current four-process model of MI (engaging, focusing, evoking, and planning). ✓ Incorporates lessons learned from the authors’ ongoing clinical practice and practitioner training workshops. ✓ Chapters on advice-giving, brief consultations, merging MI with assessment, MI in groups, and making telehealth consultations more effective. ✓ Additional practical features—extended case examples, “Try This” activities, and boxed reflections from practitioners in a range of contexts.

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## Coaching Athletes to Be Their Best

*Motivational Interviewing in Sports*

Stephen Rollnick, PhD, Jonathan Fader, PhD, Jeff Breckon, PhD,  
and Theresa B. Moyers, PhD

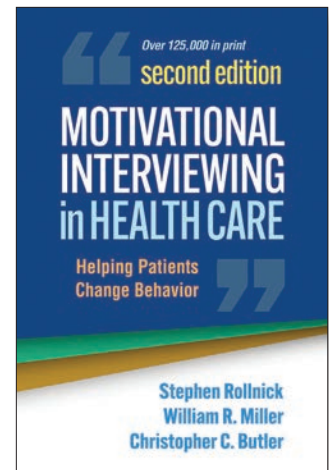
“MI can enable coaches and psychologists to unlock the solutions that lie just beneath the surface of everyday challenges. I highly recommend this book.”

—Michael Gervais, PhD

This book applies the evidence-based strategies of MI to the unique challenges of helping athletes perform optimally, take ownership of personal goals, overcome behavioral challenges on and off the field, and improve teamwork. Written for sport psychologists, athletic coaches at all levels, and others who work with athletes, the book offers a concise guide to MI and step-by-step strategies for addressing specific sports-related issues.

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### ABOUT THE AUTHORS



**Stephen Rollnick, PhD,** is Honorary Distinguished Professor in the School of Medicine at Cardiff University, Wales, United Kingdom. He is a cofounder of MI, and helped to create

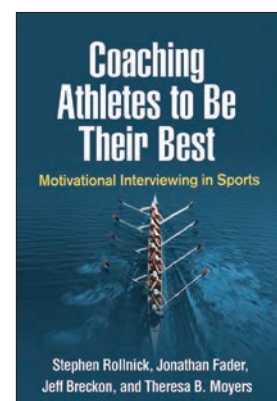
the Motivational Interviewing Network of Trainers.



**William R. Miller, PhD,** is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. Fundamentally interested in the psychology of change, he is a cofounder of MI.



**Christopher C. Butler, MD,** is Professor of Primary Care at the Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom, and Professorial Fellow at Trinity College.



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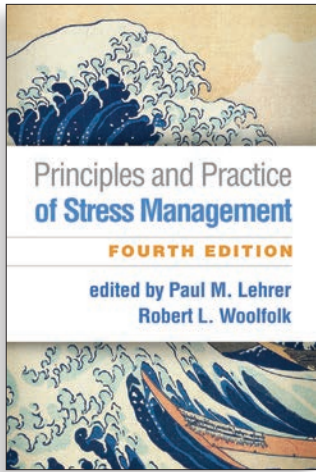
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#### ABOUT THE EDITORS

**Paul M. Lehrer, PhD, BCB,** is Professor Emeritus of Psychiatry at Rutgers Robert Wood Johnson Medical School.

**Robert L. Woolfolk, PhD,** is Professor of Psychology and Philosophy at Rutgers, The State University of New Jersey.

## Principles and Practice of Stress Management FOURTH EDITION

Edited by **Paul M. Lehrer, PhD** and **Robert L. Woolfolk, PhD**

Foreword by **Omer Van den Bergh, PhD**

“This book is a ‘must read’ for serious practitioners in stress management, and belongs on the easiest-to-reach shelf of every practitioner and researcher in the broader field of psychophysiology.”

—Donald Moss, PhD

“The book is pervasively updated, drawing on the wonderful proliferation of research on therapeutic efficacy of these techniques.”

—Applied Psychophysiology and Biofeedback

The leading clinical reference and text on stress management has now been significantly revised with 60% new material reflecting key developments in the field. Foremost experts review the “whats,” “whys,” and “how-tos” of progressive relaxation, biofeedback, meditation, hypnosis, cognitive methods, and other therapies. Chapters describe each method’s theoretical foundations, evidence base, procedures, applications, and contraindications. Assessment and implementation are illustrated with extensive case examples.

**NEW TO THIS EDITION:** ✓ Greatly expanded evidence base—every method is now supported by controlled clinical research. ✓ Chapter on children and adolescents. ✓ Chapter on neuroinflammation. ✓ Advances in knowledge about stress and the brain are integrated throughout. ✓ Chapter on selecting the best methods for individual patients. ✓ Chapter on hyperventilation and carbon dioxide biofeedback.

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Foreword, *Van den Bergh*

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2. Psychophysiological and Systems Perspectives on Stress and Stress Management
3. The Psychology of Relaxation, Meditation, and Mindfulness
4. Stress, Inflammatory Cytokines, and the Brain
5. Stress and Stress Management in Children and Adolescents

##### II. Stress Management Methods

###### A. Psychophysiological Methods

6. Psychophysiological Interventions for Stress-Related, Medically Unexplained, and Anxiety Disorders
  7. Progressive Relaxation
  8. Eye Movement Desensitization and Reprocessing Therapy for Stress Management
  9. Neurofeedback with Biofeedback for Stress Management
  10. Biofeedback Training to Increase Heart Rate Variability
  11. Capnometry-Assisted Respiratory Training
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- ###### B. Meditative Methods
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14. Mindfulness Meditation for Stress Management
15. Qigong Therapy for Stress Management
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###### C. Psychotherapeutic Methods

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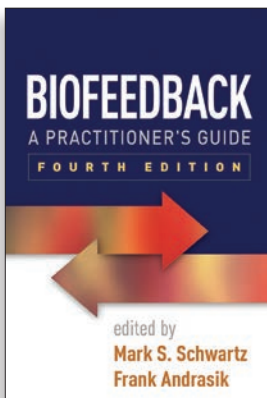
###### D. Hypnotic Methods

18. The Autogenic Training Method of J. H. Schultz
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###### E. Other Methods

20. Stress Concepts in Relation to Music
21. Walk-Talk Exercise, Stress Resilience, and Mental Health
22. Wearing the Clinical Hat

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## Biofeedback, FOURTH EDITION

*A Practitioner's Guide*

Edited by **Mark S. Schwartz, PhD** and **Frank Andrasik, PhD**

“*Biofeedback* has come to be recognized as seminal, compulsory reading for students, clinicians, and scientists entering and working in the field of applied psychophysiology and biofeedback... The essential desk reference for the field.”

—Aubrey K. Ewing, PhD

Leading experts cover basic concepts, assessment, instrumentation, clinical procedures, and professional issues. Chapters describe how traditional and cutting-edge methods are applied in treatment of a wide range of disorders, including headaches, temporomandibular disorders, essential hypertension, pelvic floor disorders, ADHD, tinnitus, and others.

2017, 7" x 10" Paperback (© 2016), 764 Pages, ISBN 978-1-4625-3194-3, \$75.00

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## New

**Stress, Health, and Behavior****Richard McCarty, PhD**

Exposure to stressful life experiences can disrupt key regulatory systems in the body and contribute to a variety of negative health outcomes. This authoritative text takes a biopsychosocial approach to understanding the role of stress in alcohol use disorder, PTSD, depression, cardiovascular disease, Type 2 diabetes, cancer, and other chronic diseases. It presents cutting-edge knowledge about how stressors are conceptualized and measured; connections to disease processes; systemic racism as a significant, ongoing stressor for people of color; and factors that promote resilience. For each of the disorders discussed, proven and promising stress-targeted clinical interventions are reviewed. Student-friendly features include an end-of-book glossary and an extensive bibliography to facilitate in-depth study of selected topics of interest.

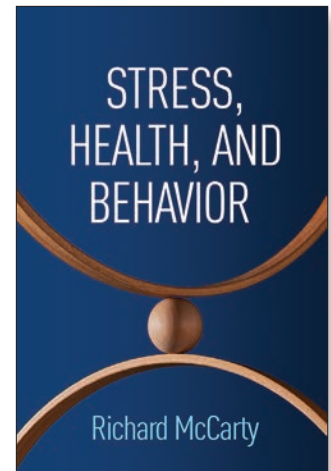
**CRITICAL ACCLAIM**

“McCarty provides a tour-de-force synthesis of the massive literature on the biopsychological bases of a range of debilitating and life-threatening diseases. His thorough telling embraces the history of major discoveries and leaves us with a clear picture of the status quo. This is the book clinicians need as they conceive of innovative and timely treatments, and it is an excellent addition to a graduate course in Health Psychology or Psychosomatic Disorders.” —**Wolfgang Linden, PhD, Dipl-Psych**

“Stress is a ubiquitous element of modern life. This volume provides a comprehensive view of the history and current conceptualizations of stress, as well as connections to both physical disease and psychological and behavioral challenges. Chapters cover essential topics in stress research and interventions, with accessible language and informative tables and illustrations. This is a great resource in a complex area, and one that will likely become a standard reference and text.”

—**Richard M. Ryan, PhD**

“This book is a masterful achievement. It examines the intricate relationships that exist between stress, health, and behavior, beginning with one of the best historical reviews of the conceptualization of health and disease that I have seen, and following with comprehensive accounts of measurement approaches and specific disease processes. The chapter on the impact of racism as an acute and chronic stressor is particularly important. This book should be on the shelf of every clinical health psychologist and consultation-liaison psychiatrist. It is an outstanding text for advanced undergraduate courses in stress and health and health psychology, and for graduate courses in health psychology and behavioral medicine.”

—**Alan L. Peterson, PhD**

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Consideration[www.guilford.com/p/mccarty2](http://www.guilford.com/p/mccarty2)**ABOUT THE AUTHOR**

**Richard McCarty, PhD**, is Research Professor of Psychology at Vanderbilt University, where he has taught undergraduate courses in stress and health since 2015. He

has published several books and more than 200 articles and book chapters. Dr. McCarty is a Fellow of the American Psychological Association, the Association for Psychological Science, and the American Association for the Advancement of Science.

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- |   |   |
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| 2. Biological Measures of Stress          | 9. Stress and the Gastrointestinal System |
| 3. Behavioral Measures of Stress          | 10. Stress and Cancer                     |
| 4. Stress and Alcohol Use                 | 11. Stress and Infectious Diseases        |
| 5. Posttraumatic Stress Disorder          | 12. Systemic Racism as a Stressor         |
| 6. Stress and Depression                  | 13. Resilience                            |
| 7. Stress and Cardiovascular Disease      | Glossary of Terms                         |



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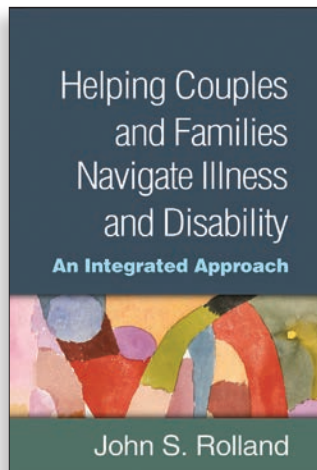
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## Helping Couples and Families Navigate Illness and Disability

*An Integrated Approach*

**John S. Rolland, MD, MPH**, Northwestern University Feinberg School of Medicine

"This extremely helpful book provides a conceptual framework that can be used to support and treat people facing a range of health conditions....Read this book! I will assign it in my classes for our Medical Family Therapy postdoctoral fellows, and for our continuing education program on Integrated Care."

—Susan H. McDaniel, PhD

"Rolland is a psychiatrist and family therapist who brings decades of experience with the unique challenges of diagnosis and treatment of a wide variety of serious medical problems—and the resulting relational, emotional, behavioral, and financial problems that may emerge for patients and family members....This book is 'must' reading for health and mental health students and clinicians."

—Mina K. Dulcan, MD

Couples and families face daunting challenges as they cope with serious illness and disability. This book gives clinicians a roadmap for helping affected individuals and their loved ones live well with a wide range of child, adult, and later-life conditions. John S. Rolland describes ways to intervene with emerging challenges over the course of long-term or life-threatening disorders. Using vivid case examples, he illustrates how clinicians can help families harness their strengths for positive adaptation and relational growth. Rolland's integrated systemic approach is useful for preventive screening, consultations, brief counseling, more intensive therapy, and multifamily groups, across health care settings and disciplines.

★ **Bestseller**

## Motivational Interviewing in Nutrition and Fitness

**Dawn Clifford, PhD, RD**, California State University, Chico

**Laura Curtis, MS, RD**, Glenn Medical Center, Willows, CA

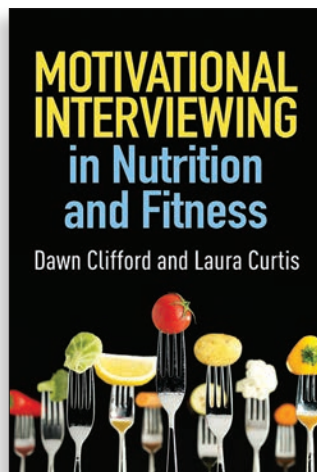
"What a special book. Bar none, it is the most practical applied book I have encountered on how to use motivational interviewing (MI) in nutrition and physical fitness counseling. The scenarios are easy to follow, and the authors are very careful to integrate MI with existing professional protocols....The book advocates weight-neutral mindful eating over traditional weight-focused nutritional counseling, and replaces exercising for its own sake with the idea of joyful physical activity. Parts of the book could be used in either nutrition or fitness courses, and it will serve as a stand-alone text in professional practice courses."

—Don Morrow, PhD

"The MI perspective teaches practitioners to position sessions in a way that inspires clients to take ownership of their health by prioritizing changes clients feel are most important....A thorough resource and guide to the strategies essential to MI."

—*Journal of Nutrition Education and Behavior*

This book presents the proven counseling approach known as MI and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded. Instructors can access PowerPoint slides and exam questions.



Includes Reproducible Forms & Handouts

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**New in Paperback****Handbook of Medical Hallucinogens**

Edited by **Charles S. Grob, MD**, University of California, Los Angeles;  
Harbor-UCLA Medical Center

**Jim Grigsby, PhD, ABPP**, University of Colorado Denver

“If you’re looking for a comprehensive work on hallucinogens, this is it! This book can benefit all, from novice to expert. Grob and Grigsby take the reader on a journey through all aspects of medical hallucinogens, including their neuroscience, therapeutic considerations, and more. The book dives into individual hallucinogens and incorporates contributions from leading experts in the field. This is the ideal reference and text for the current renaissance of psychedelic research.”

—Rick Doblin, PhD

“A superb addition to the field, this is an excellent resource for both the newcomer looking for a thorough introduction to psychedelics and the experienced clinician who seeks a deeper understanding of these substances’ history and psychotherapeutic potentials.”

—Franklin King IV, MD

This handbook reviews promising applications of psychedelics in treatment of such challenging psychiatric problems as PTSD, major depression, substance use disorders, and end-of-life anxiety. Experts from multiple disciplines synthesize current knowledge on psilocybin, MDMA, ketamine, and other medical hallucinogens. The volume comprehensively examines these substances’ neurobiological mechanisms, clinical effects, therapeutic potential, risks, and anthropological and historical contexts. Coverage ranges from basic science to practical clinical considerations, including patient screening and selection, dosages and routes of administration, how psychedelic-assisted sessions are structured and conducted, and management of adverse reactions.

**Psychological Approaches to Pain Management****THIRD EDITION*****A Practitioner’s Handbook***

Edited by **Dennis C. Turk, PhD**, University of Washington

**Robert J. Gatchel, PhD, ABPP**, University of Texas at Arlington

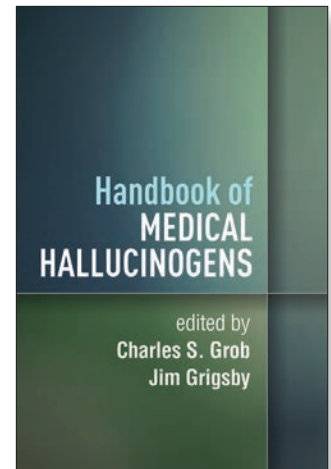
“The third edition embodies the wisdom of many respected clinicians and scholars who discuss psychological/behavioral aspects of pain and provide direct, evidence-based recommendations on both the ‘what’ and ‘how’ of clinical practice....I highly recommend this handbook to clinicians, researchers, policymakers, and students. It continues to be a mainstay on my bookshelf.”

—David A. Williams, PhD

“Turk and Gatchel have assembled an all-star cast of distinguished clinician-scientists to review the theories, research, and applications that have generated the exciting contemporary field of pain psychology. The writing is clear and the story well told—there is something for everyone interested in pain.”

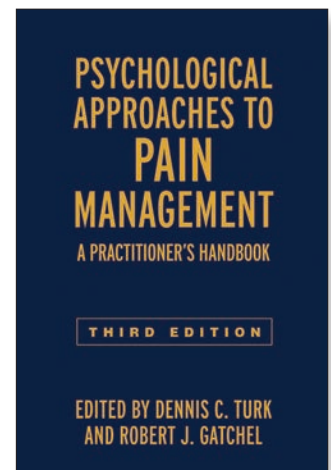
—Rollin M. Gallagher, MD, MPH

Leading experts review the most effective treatment approaches for enhancing patients’ coping and self-efficacy and reducing pain-related disability, including CBT, biofeedback, clinical hypnosis, group therapy, and more. Strategies for integrating psychosocial and medical treatments for specific populations are described, with chapters on back pain, headache, cancer, and other prevalent chronic pain disorders. Attention is given to customizing intervention for individual patients, maximizing treatment adherence, and preventing overuse of opioids and other medications.

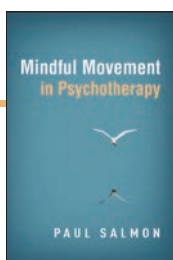


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“A ‘must read’ for any mental health professional interested in taking a holistic approach to wellness.”

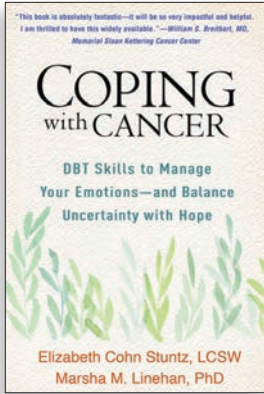
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### Coping with Cancer

*DBT Skills to Manage Your Emotions—and Balance Uncertainty with Hope*

**Elizabeth Cohn Stuntz, LCSW,**

The Westchester Center for the Study of Psychoanalysis and Psychotherapy; National Institute for the Psychotherapies, New York

**Marsha M. Linehan, PhD, ABPP,**

University of Washington (Emeritus)

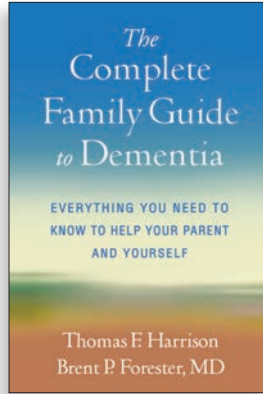
“[An] exceptionally well-written book.... It reads like a step-by-step guide to the phases of coming to terms with a cancer diagnosis and feeling effective in negotiating one’s own needs.... The book brings important dialectical behavior therapy (DBT) skills to life using authentic patient examples and affirmations that are balanced, genuine and transformational.”

—*Association of Oncology Social Work*

A cancer diagnosis can lead to what feel like impossible questions: How can a person face the fear, sadness, and anger without being paralyzed by them? Is it possible to hold on to hope without being in denial? Developed by Marsha Linehan specifically for the impossible situations of life, DBT is now adapted to the challenges of cancer for the first time in this compassionate self-help guide. This is an invaluable recommendation for clients grappling with their own or a loved one’s illness.

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New

### The Complete Family Guide to Dementia

*Everything You Need to Know to Help Your Parent and Yourself*

**Thomas F. Harrison, Cambridge, MA**

**Brent P. Forester, MD,**

McLean Hospital; Mass General Brigham; Harvard Medical School

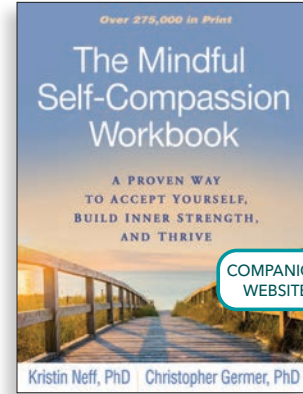
“Two dedicated experts walk caregivers through everything from understanding a loved one’s diagnosis to dealing with the entire range of expected medical, psychiatric, and behavioral issues. Most important, this book is a guide to building the best possible relationship with the person who is living and even thriving in spite of their cognitive changes.”

—**Marc E. Agronin, MD**

Providing needed advice with clarity and compassion, this book is a perfect recommendation for family caregivers. Journalist Thomas Harrison and leading geriatric psychiatrist Brent Forester explain the basics of dementia and offer effective strategies for coping with the medical, emotional, and financial toll of a parent’s illness. With the right skills, adult children can navigate changing family roles, communicate better with the elder with dementia, manage difficult behaviors, and help their loved one maintain the best possible quality of life.

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### The Mindful Self-Compassion Workbook

*A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*

**Kristin Neff, PhD,**

The University of Texas at Austin

**Christopher Germer, PhD,**

private practice, Arlington, MA

“Drs. Neff and Germer are the world’s leading authorities on self-compassion.... It feels like they are with you as warm and wise guides in every page of this book. Truly a gem.”

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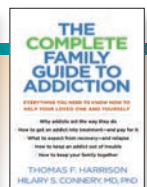
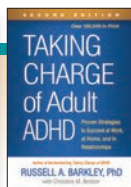
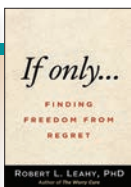
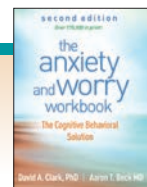
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See also—**Teaching the Mindful Self-Compassion Program: A Guide for Professionals** by **Christopher Germer** and **Kristin Neff**

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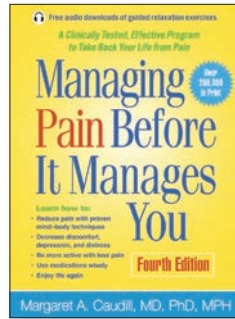
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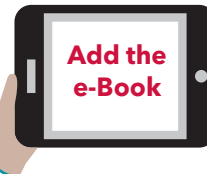
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