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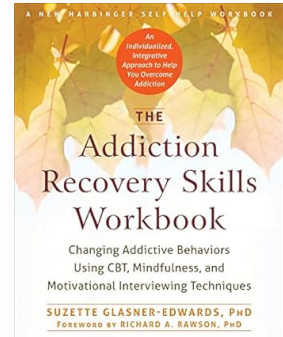


Addiction & Substance Use

12 Hidden Rewards of Making Amends: Finding Forgiveness and Self-Respect by Working Steps 8-10

The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques

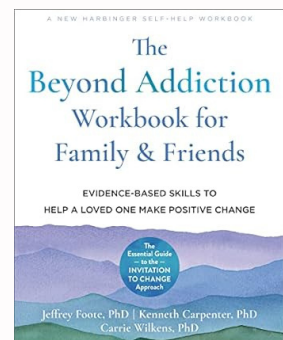
Alcohol and Tobacco: Medical and Sociological Aspects of Use, Abuse and Addiction



Alcohol and Tobacco: Medical and Sociological Aspects of Use, Abuse and Addiction

Benzodiazepine: Abuse & Therapeutic Uses, Pharmacology & Health Effects

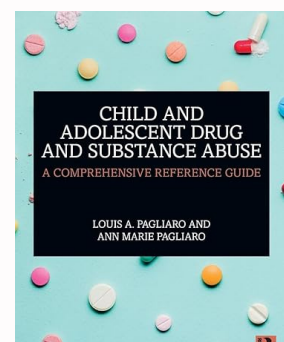
The Beyond Addiction Workbook for Family and Friends: Evidence-Based Skills to Help a Loved One Make Positive Change



Brain-Robbers: How Alcohol, Cocaine, Nicotine, and Opiates Have Changed Human History

Changing Lives, Changing Drug Journeys: Drug Taking Decisions from Adolescence to Adulthood

Child and Adolescent Drug and Substance Abuse: A Comprehensive Reference Guide



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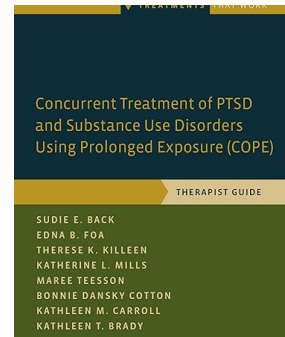
Addiction & Substance Use

The Clinic and Elsewhere: Addiction, Adolescents, and the Afterlife of Therapy

Clinical Manual of Youth Addictive Disorders

A Concise Guide to Opioid Addiction for Counselors

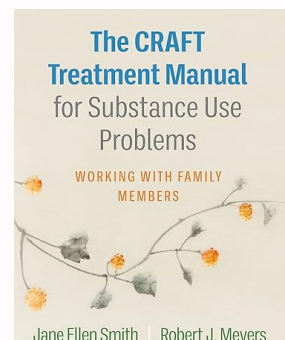
Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Patient Workbook



Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Therapist Guide

The CRAFT Treatment Manual for Substance Use Problems: Working with Family Members

Drugged: The Science and Culture Behind Psychotropic Drugs

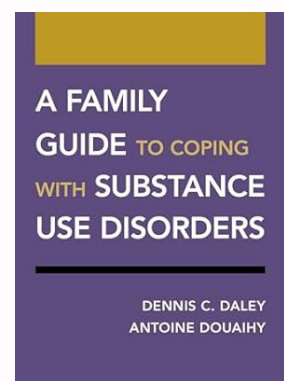


Drugs, Addiction, and the Brain

A Family Guide to Coping with Substance Use Disorders

Group Therapy for Substance Use Disorders: A Motivational Cognitive-Behavioral Approach

Group Treatment for Substance Abuse: A Stages-of-Change Therapy Manual



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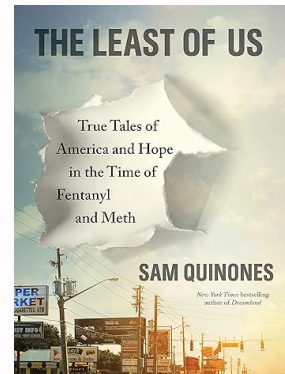
Addiction & Substance Use

Handbook of Child and Adolescent Drug and Substance Abuse: Pharmacological, Developmental, and Clinical Considerations

Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors

The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth

Managing Workplace Substance Misuse: A Guide for Professionals

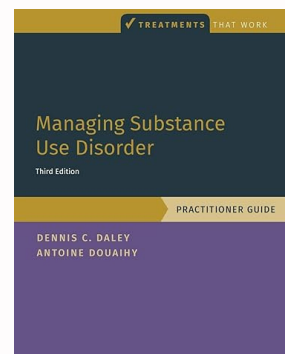


Managing Your Substance Use Disorder: Client Workbook

Managing Substance Use Disorder: Practitioner Guide

Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide

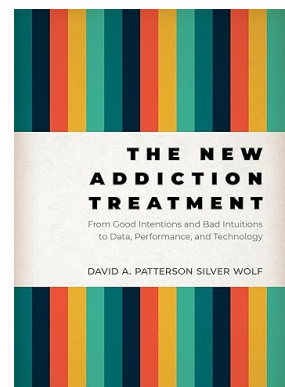
Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum



The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger That Trigger Addictive Behaviors

The New Addiction Treatment: From Good Intentions and Bad Intuitions to Data, Performance, and Technology

The Opioid Crisis: Use and Misuse of Prescription, Illicit and Synthetic Opioids



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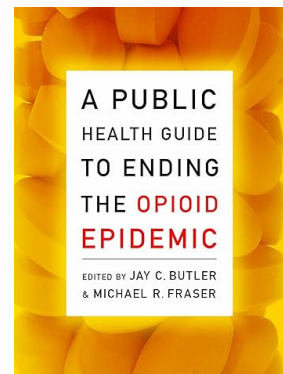
Addiction & Substance Use

Opioid Use Disorders: A Holistic Guide to Assessment, Treatment and Recovery

Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies

Psychosocial Interventions for Mental and Substance Use Disorders: A Framework for Establishing Evidence-Based Standards

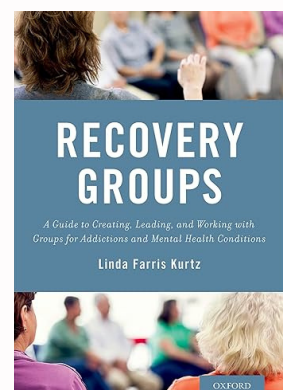
A Public Health Guide to Ending the Opioid Epidemic



The Recovery Cycle: A Practical Guide to Loving Your Sober Life

Recovery Groups: A Guide to Creating, Leading, and Working With Groups For Addictions and Mental Health Conditions

Retirement and the Hidden Epidemic: The Complex Link Between Aging, Work Disengagement, and Substance Misuse -- and What to Do About It

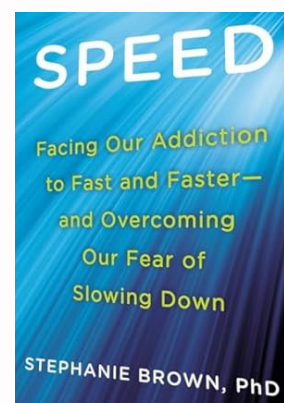


Shooting Up: A Short History of Drugs and War

The Social Work and Human Services Treatment Planner, with DSM 5 Updates

Speed: Facing Our Addiction to Fast and Faster --and Overcoming Our Fear of Slowing Down

The Stigma of Addiction: An Essential Guide



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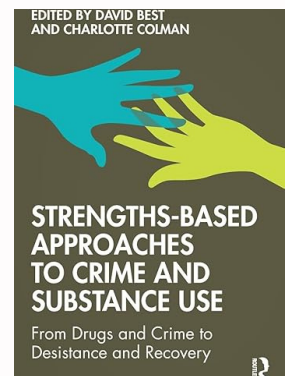
Addiction & Substance Use

Strengths-Based Approaches to Crime and Substance Use: From Drugs and Crime to Desistance and Recovery

Substance Abuse and the Family: Assessment and Treatment

Substance Abuse: Inpatient and Outpatient Management for Every Clinician

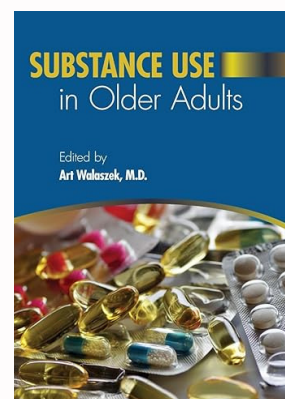
Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions



Substance Use in Older Adults

Technological Addictions

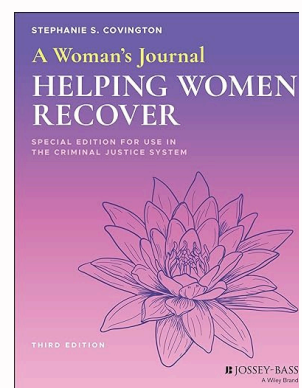
Treating Co-occurring Adolescent PTSD and Addiction: Mindfulness-Based Cognitive Therapy for Adolescents with Trauma and Substance-Abuse Disorders



Treating Opioid Addiction

A Woman's Journal: Helping Women Recover

A Woman's Journal: Helping Women Recover, Special Edition for Use in the Criminal Justice System



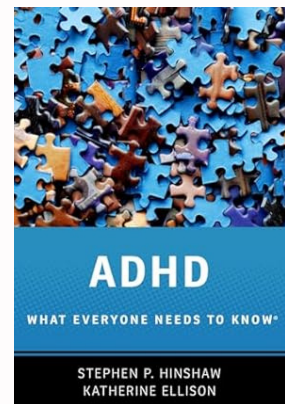
ADHD

Accidental Intolerance: How We Stigmatize ADHD and How We Can Stop

ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction--from Childhood Through Adulthood

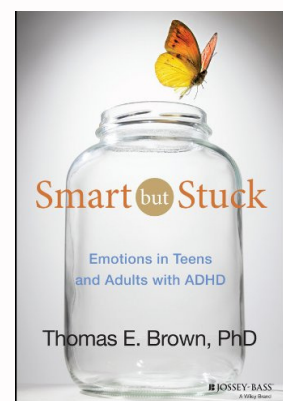
ADHD: What Everyone Needs to Know®

The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control



The ADHD Workbook for Teen Girls: Understand Your Neurodivergent Brain, Make the Most of Your Strengths, and Build Confidence to Thrive

Smart But Stuck: Emotions in Teens and Adults with ADHD

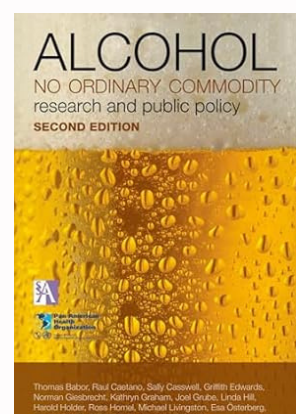


Alcohol

Alcohol: No Ordinary Commodity Research and Public Policy

The Recovery Cycle: A Practical Guide to Loving Your Sober Life

Youth-Community Partnerships for Adolescent Alcohol Prevention



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Anger

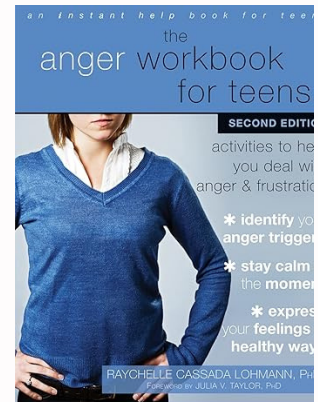
Anger Control Training

The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration

The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships

Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills

The Practitioner's Guide to Anger Management: Customizable Interventions, Treatments, and Tools for Clients with Problem Anger



Anxiety & OCD

The Action Mindset Workbook for Teens: Simple CBT Skills to Help You Conquer Fear and Self-Doubt and Take Steps Toward What Really Matters

The Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry



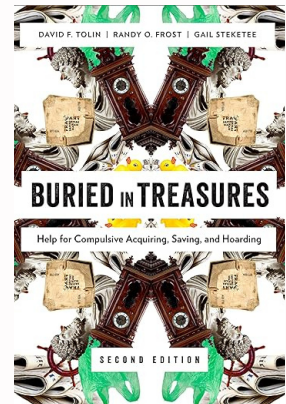
Anxiety & OCD

Brief Behavioral Therapy for Anxiety and Depression in Youth: Therapist Guide

Brief Behavioral Therapy for Anxiety and Depression in Youth: Workbook

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding

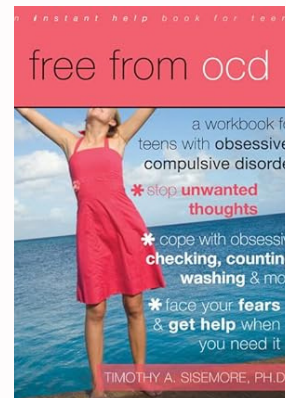
CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth



Don't Believe Everything You Feel: A CBT Workbook to Identify Your Emotional Schemas and Find Freedom from Anxiety and Depression

Free From OCD: A Workbook for Teens with Obsessive-Compulsive Disorder

Getting Comfortable with Uncertainty for Teens: 10 Tips to Overcome Anxiety, Fear, and Worry

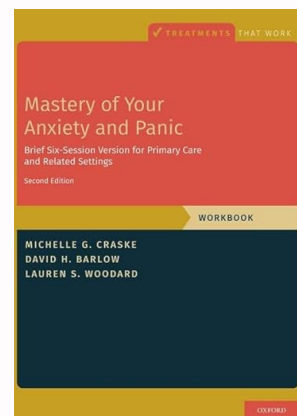


Managing Social Anxiety, Therapist Guide: A Cognitive-Behavioral Therapy Approach

Managing Social Anxiety, Workbook: A Cognitive Behavioral Therapy Approach

Mastery of Your Anxiety and Panic: Brief Six-Session Version for Primary Care and Related Settings

Mastery of Your Anxiety and Panic: Therapist Guide



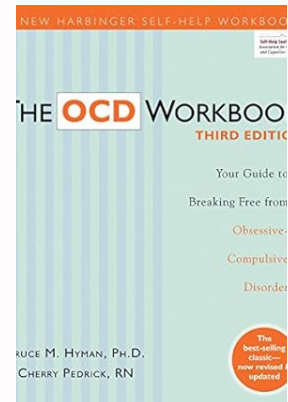
Anxiety & OCD

Mastery of Your Anxiety and Panic: Workbook

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder

The OCD Workbook for Teens: Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions

Social Anxiety: Hidden Fears and Shame in Teens and Adults



Social Anxiety Relief for Teens: A Step-by-Step CBT Guide to Feel Confident and Comfortable in Any Situation

Starving the Anxiety Gremlin for Children Aged 5–9: A Cognitive Behavioural Therapy Workbook on Anxiety Management

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

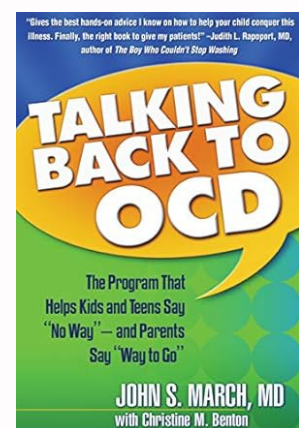


Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"

Treatment for Hoarding Disorder: Therapist Guide

Treatment Plans and Interventions for Depression and Anxiety Disorders

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind



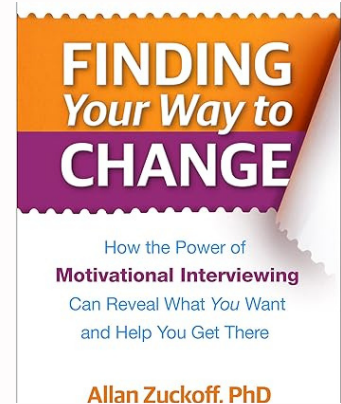
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Attachment - Behavior Change

Coaching Parents of Vulnerable Infants: The Attachment and Biobehavioral Catch-Up Approach

Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Motivational Interviewing in Health Care: Helping Patients Change Behavior



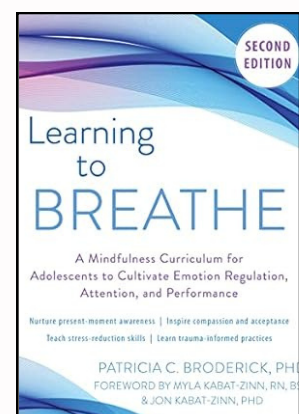
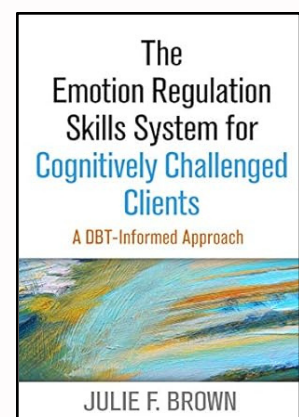
Behavior Management & Emotion Regulation

DBT Skills Manual for Adolescents

The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT-Informed Approach

Handbook of Adolescent Behavioral Problems: Evidence-Based Approaches to Prevention and Treatment

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance



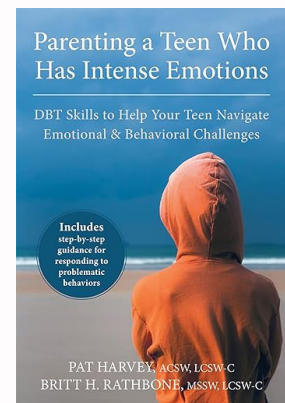
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Behavior Management / Emotion Regulation - Bipolar Disorder

Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents

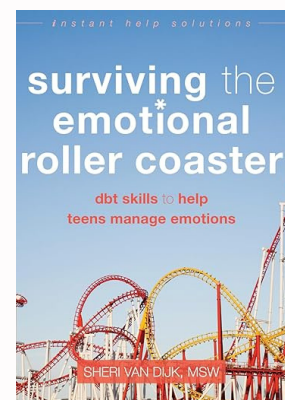
Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT



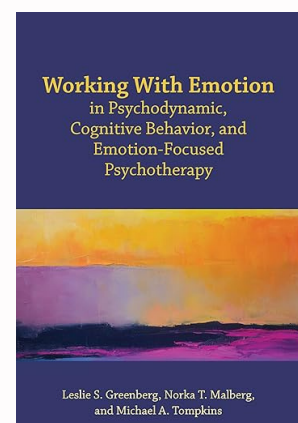
Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions

Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults



Working With Emotion in Psychodynamic, Cognitive Behavior, and Emotion-Focused Psychotherapy

The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety



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The Brain, Brain Development, Neuroscience

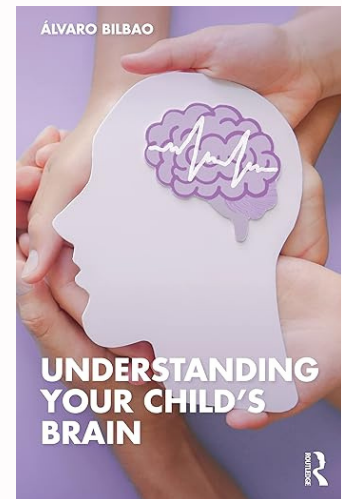
Bad Moves: How Decision Making Goes Wrong, and the Ethics of Smart Drugs

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are

Drugs, Addiction, and the Brain

Drugged: The Science and Culture Behind Psychotropic Drugs

Understanding Your Child's Brain



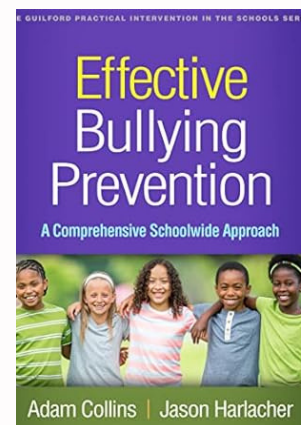
Bullying Prevention

Bullying Prevention and Intervention: Realistic Strategies for Schools

Effective Bullying Prevention: A Comprehensive Schoolwide Approach

The Kindness Curriculum: Stop Bullying Before It Starts

Youth Suicide and Bullying: Challenges and Strategies for Prevention and Intervention

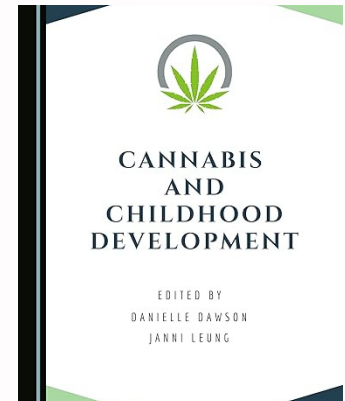


Cannabis/Marijuana

Cannabis and Childhood Development

Contemporary Health Issues on Marijuana

The Other Side of Cannabis: Impact on Mental and Physical Health

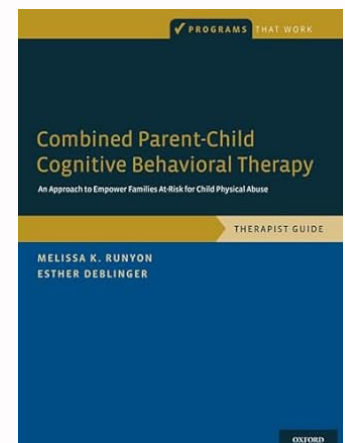


Child Abuse Prevention

Child Abuse: Medical Diagnosis and Management

Combined Parent-Child Cognitive Behavioral Therapy: An Approach to Empower Families At-Risk for Child Physical Abuse

Real Life Heroes: A Life Storybook for Children, Second Edition



Communication

Communication Skills for Teens: How to Listen, Express, and Connect for Success



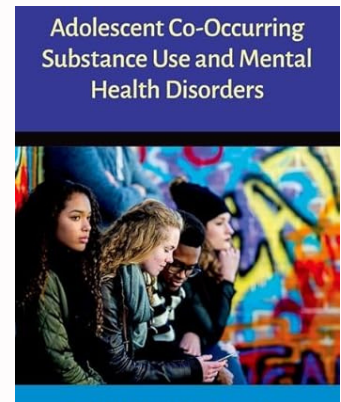
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Co-occurring Disorders

Adolescent Co-Occurring Substance Use and Mental Health Disorders

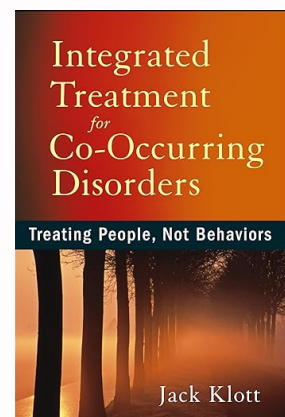
Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Patient Workbook

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Therapist Guide



Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors

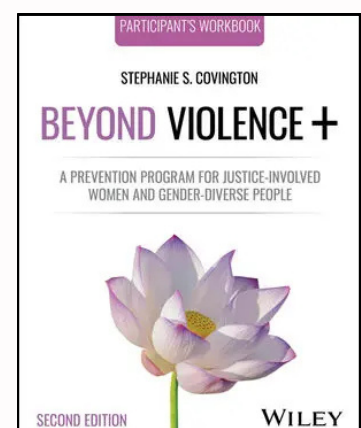
Treating Co-occurring Adolescent PTSD and Addiction: Mindfulness-Based Cognitive Therapy for Adolescents with Trauma and Substance-Abuse Disorders



Criminal Justice

Beyond Violence+: A Prevention Program for Justice-Involved Women and Gender-Diverse People, Facilitator's Guide

Beyond Violence+: A Prevention Program for Justice-Involved Women and Gender-Diverse People, Participant's Workbook



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Criminal Justice

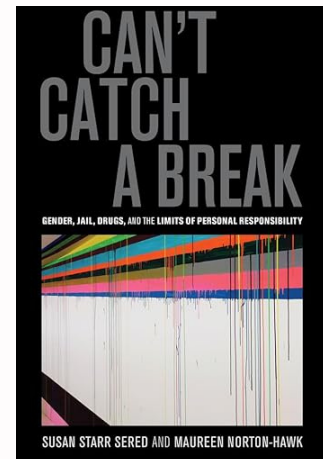
Can't Catch a Break: Gender, Jail, Drugs, and the Limits of Personal Responsibility

Forensic CBT: A Handbook for Clinical Practice

The Juvenile Justice and Residential Care Treatment Planner, with DSM 5 Updates

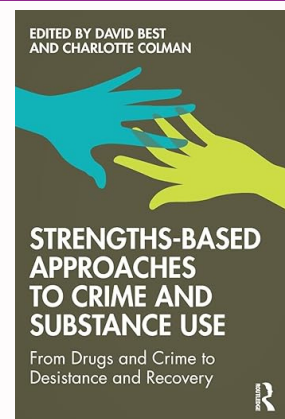
A New Juvenile Justice System: Total Reform for a Broken System

The Perversion of Virtue: Understanding Murder-Suicide



Strengths-Based Approaches to Crime and Substance Use: From Drugs and Crime to Desistance and Recovery

A Woman's Journal: Helping Women Recover, Special Edition for Use in the Criminal Justice System



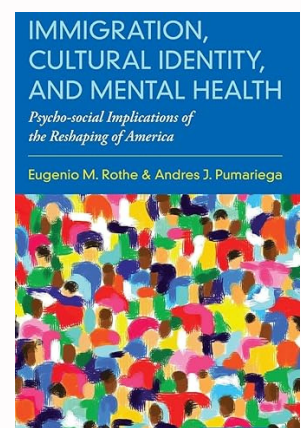
Culture, Race, Diversity

Counseling the Culturally Diverse: Theory and Practice

Culturally Responsive Counseling with Latinas/os

Immigration, Cultural Identity, and Mental Health: Psycho-social Implications of the Reshaping of America

Preventing Adolescent Depression and Suicide Among Latinas: Resilience Research and Theory

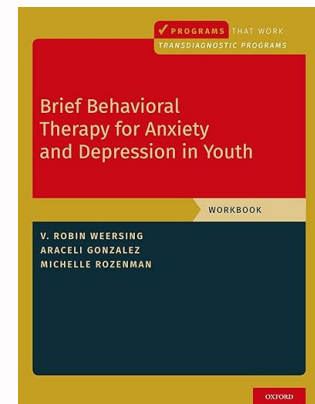


Depression

The ACT Workbook for Depression and Shame: Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy

Beyond the Blues: A Workbook to Help Teens Overcome Depression

Brief Behavioral Therapy for Anxiety and Depression in Youth: Therapist Guide

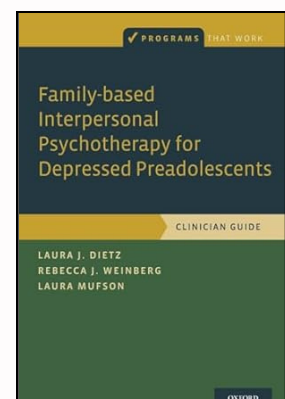


Brief Behavioral Therapy for Anxiety and Depression in Youth: Workbook

The Cognitive Behavioral Workbook for Depression: A Step-by-step Program

CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth

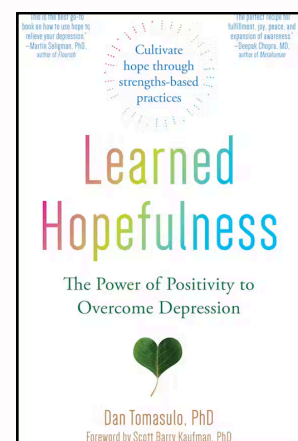
Depression: What Everyone Needs to Know®



Family-based Interpersonal Psychotherapy for Depressed Preadolescents

Learned Hopefulness: The Power of Positivity to Overcome Depression

Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment



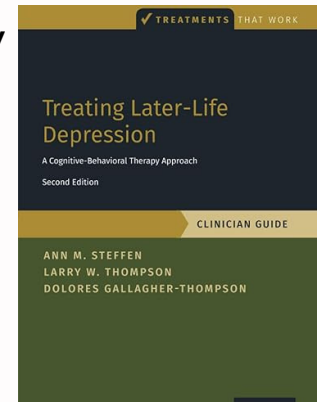
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Depression

Preventing Adolescent Depression and Suicide Among Latinas: Resilience Research and Theory

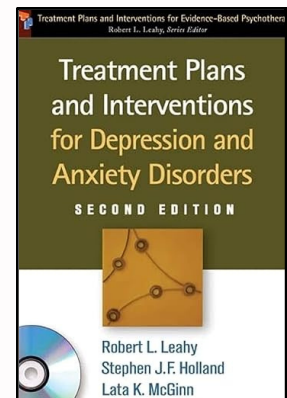
Reversing the Spiral of Depression for Teens: Simple Actions to Improve Your Mood, Boost Motivation, and Build the Life You Want

Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Clinician Guide



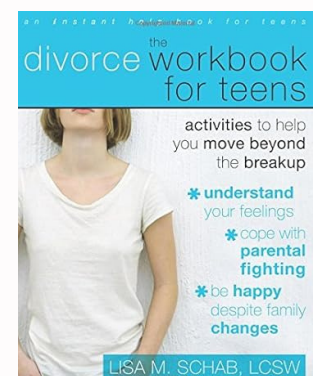
Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Workbook

Treatment Plans and Interventions for Depression and Anxiety Disorders



Divorce

The Divorce Workbook for Teens: Activities to Help You Move Beyond the Breakup

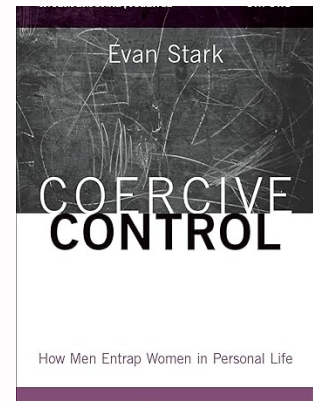


Domestic Violence

The Abusive Personality: Violence and Control in Intimate Relationships

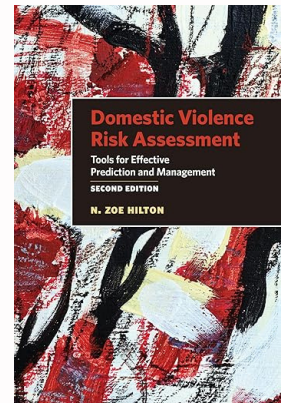
Alternatives to Domestic Violence: A Homework Manual for Battering Intervention Groups

Coercive Control: How Men Entrap Women in Personal Life



Domestic Violence Risk Assessment: Tools for Effective Prediction and Management

The Social Dynamics of Family Violence

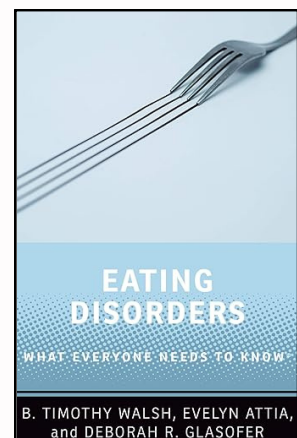


Eating Disorders & Body Image

The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

Eating Disorders and Obesity: A Counselor's Guide to Prevention and Treatment

Eating Disorders: What Everyone Needs to Know®



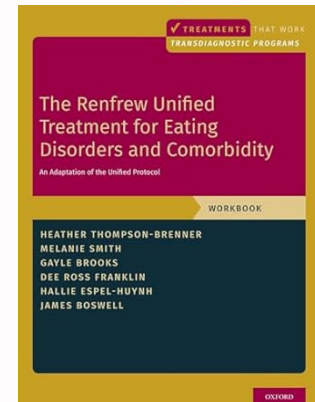
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Helping People with Eating Disorders: A Clinical Guide to Assessment and Treatment

If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents

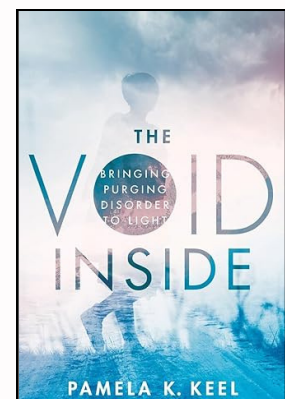
The Renfrew Unified Treatment for Eating Disorders and Comorbidity: An Adaptation of the Unified Protocol, Therapist Guide



The Renfrew Unified Treatment for Eating Disorders and Comorbidity: An Adaptation of the Unified Protocol, Workbook

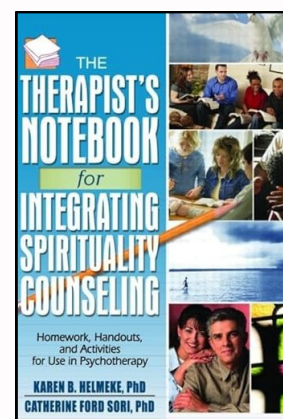
Skills-Based Caring for a Loved One with an Eating Disorder: The New Maudsley Method

The Void Inside: Bringing Purging Disorder to Light



Faith & Spirituality

The Therapist's Notebook for Integrating Spirituality in Counseling I: Homework, Handouts, and Activities for Use in Psychotherapy

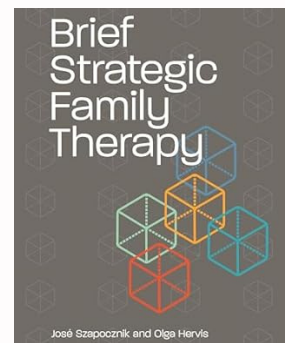


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Family Therapy - FASD

Brief Strategic Family Therapy

Fetal Alcohol Spectrum Disorders in Adults:
Ethical and Legal Perspectives: An Overview
on FASD for Professionals

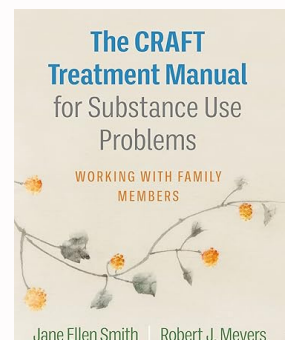


Gender-Specific Resources

The ADHD Workbook for Teen Girls: Understand
Your Neurodivergent Brain, Make the Most of Your
Strengths, and Build Confidence to Thrive

Beyond Violence+: A Prevention Program for
Justice-Involved Women and Gender-Diverse
People, Facilitator's Guide

Beyond Violence+: A Prevention Program for
Justice-Involved Women and Gender-Diverse
People, Participant's Workbook

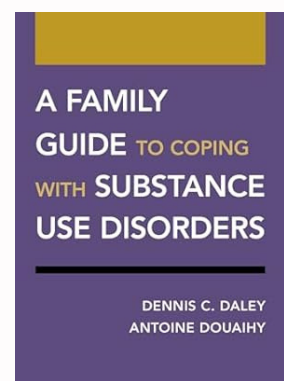


Campus Sexual Assault: College Women
Respond

Healing Men's Pain Curriculum, Facilitator's
Guide

Healing Men's Pain Curriculum, Workbook

Lost and Found: Young Fathers in the Age of
Unwed Parenthood

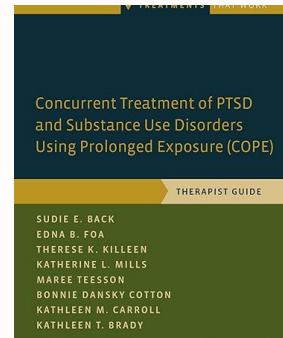


Gender Specific Resources

Psychological Practice with Women: Guidelines, Diversity, Empowerment

A Woman's Journal: Helping Women Recover

A Woman's Journal: Helping Women Recover, Special Edition for Use in the Criminal Justice System



Grief

Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved

Harm Reduction

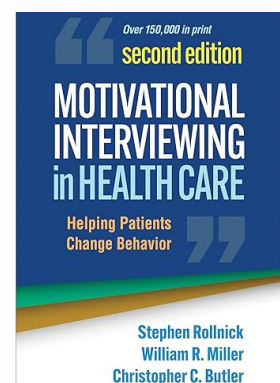
Harm Reduction for Gambling: A Public Health Approach

Health & Wellness

Fast Facts on Adolescent Health for Nursing and Health Professionals: A Care Guide in a Nutshell

Goodnight Mind for Teens: Skills to Help You Quiet Noisy Thoughts and Get the Sleep You Need

Motivational Interviewing in Health Care: Helping Patients Change Behavior



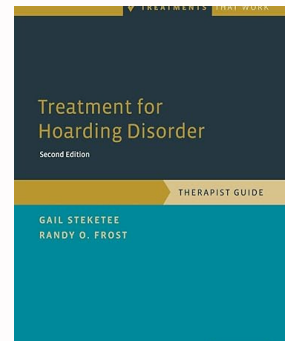
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Hoarding

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding

Treatment for Hoarding Disorder: Therapist Guide

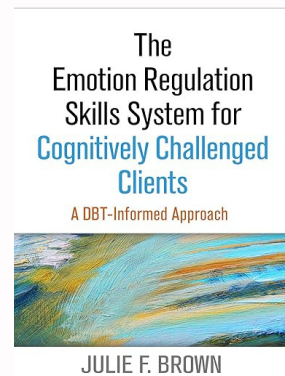
Treatment for Hoarding Disorder: Workbook



Intellectual Disabilities

The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT-Informed Approach

The Intellectual and Developmental Disability Treatment Planner, with DSM 5 Updates



Internet/Social Media

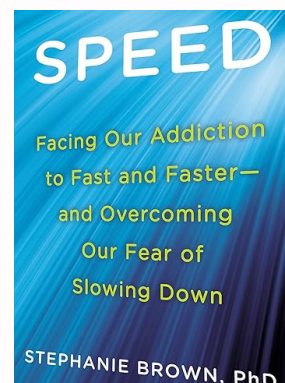
Game Addiction: The Experience and the Effects

The Gaming Overload Workbook: A Teen's Guide to Balancing Screen Time, Video Games, and Real Life

The Oxford Handbook of Digital Technologies and Mental Health

Speed: Facing Our Addiction to Fast and Faster—and Overcoming Our Fear of Slowing Down

Unwired: Gaining Control Over Addictive Technologies



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LGBTQIA+

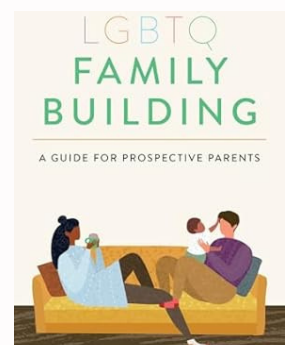
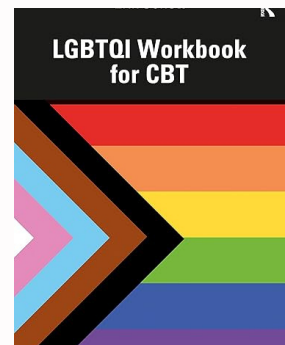
The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity

LGBTQ Family Building: A Guide for Prospective Parents

LGBTQI Workbook for CBT

Trans Bodies, Trans Selves: A Resource for the Transgender Community

Trans/Portraits: Voices from Transgender Communities

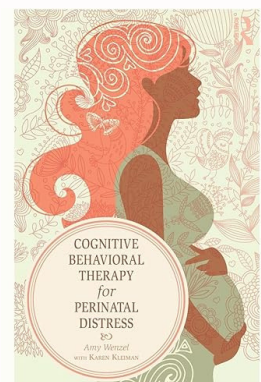


Maternal Mental Health

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Infanticide and Filicide: Foundations in Maternal Mental Health Forensics

The Pregnancy and Postpartum Mood Workbook: The Guide to Surviving Your Emotions When Having a Baby



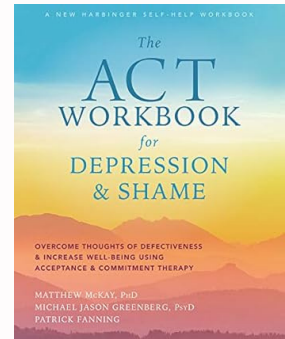
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Acceptance and Commitment Therapy: The Process and Practice of Mindful Change

The ACT Workbook for Depression and Shame: Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy

Adolescents in Public Housing: Addressing Psychological and Behavioral Health

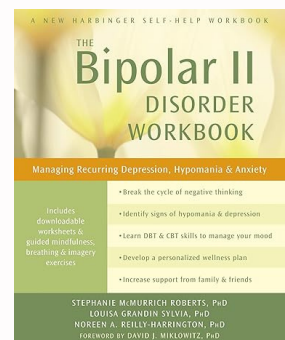


The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety

The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings

Brief Behavioral Therapy for Anxiety and Depression in Youth: Therapist Guide

Brief Behavioral Therapy for Anxiety and Depression in Youth: Workbook

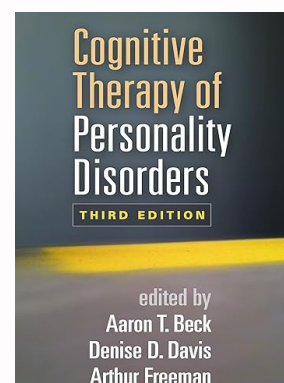


Child and Adolescent Behavioral Health: A Resource for Advanced Practice Psychiatric and Primary Care Practitioners in Nursing

Child and Adolescent Mental Health in Social Work: Clinical Applications

The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program

Cognitive Therapy of Personality Disorders



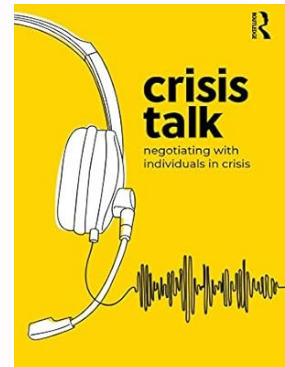
Mental Health/Illness

Crisis Talk: Negotiating with Individuals in Crisis

Culturally Responsive Counseling with Latinas/os

DBT Skills Training Handouts and Worksheets

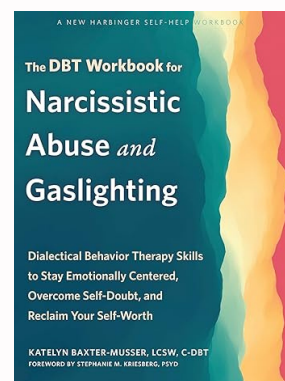
DBT Skills Training Manual



The DBT Workbook for Narcissistic Abuse and Gaslighting: Dialectical Behavior Therapy Skills to Stay Emotionally Centered, Overcome Self-Doubt, and Reclaim Your Self-Worth

Diagnosis Made Easier: Principles and Techniques for Mental Health Clinicians

DSM-5® Made Easy: The Clinician's Guide to Diagnosis

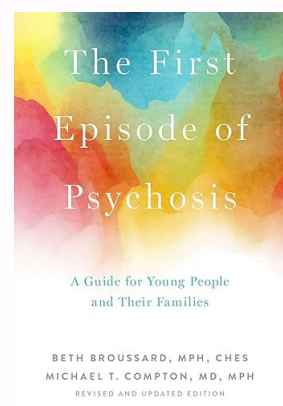


Early Childhood and Infant Mental Health

The First Episode of Psychosis: A Guide for Young People and Their Families, Revised and Updated Edition

Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy

Group-Centered Prevention in Mental Health: Theory, Training, and Practice



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Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors

Mental Health Issues and the University Student

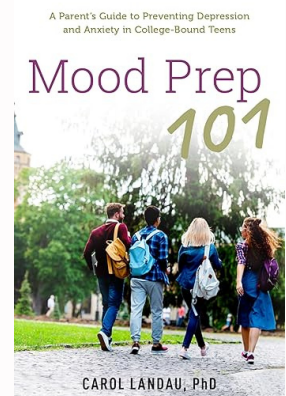
Mind Over Mood: Change How You Feel by Changing the Way You Think



The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time

Mood Prep 101: A Parent's Guide to Preventing Depression and Anxiety in College-Bound Teens

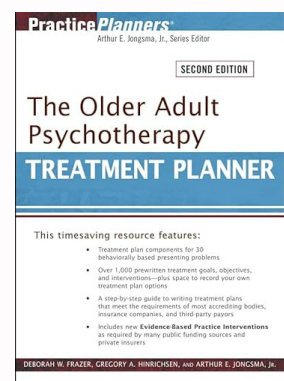
Motivational Interviewing in the Treatment of Psychological Problems



The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder

The OCD Workbook for Teens: Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions

The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition



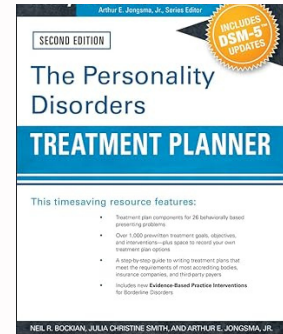
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Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents

The Personality Disorders Treatment Planner: Includes DSM-5 Updates

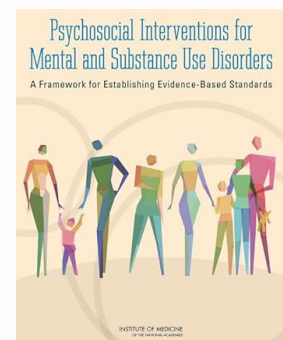
Preventing Adolescent Depression and Suicide Among Latinas: Resilience Research and Theory



Psychological Practice with Women: Guidelines, Diversity, Empowerment

Psychosocial Interventions for Mental and Substance Use Disorders: A Framework for Establishing Evidence-Based Standards

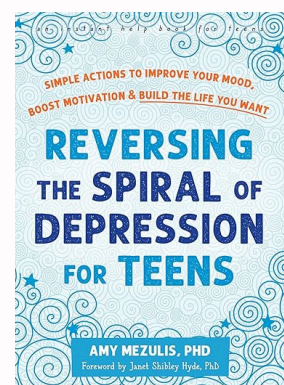
Recovery Groups: A Guide to Creating, Leading, and Working with Groups For Addictions and Mental Health Conditions



Reversing the Spiral of Depression for Teens: Simple Actions to Improve Your Mood, Boost Motivation, and Build the Life You Want

The Severe and Persistent Mental Illness Treatment Planner

The Social Work and Human Services Treatment Planner, with DSM 5 Updates

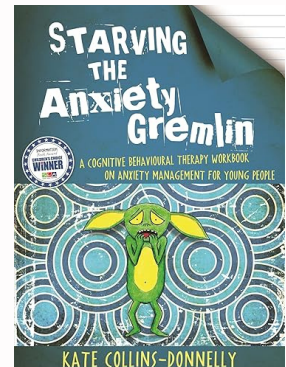


Mental Health/Illness

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

Supporting Your Teen's Mental Health: Science-Based Parenting Strategies for Repairing Relationships and Helping Young People Thrive

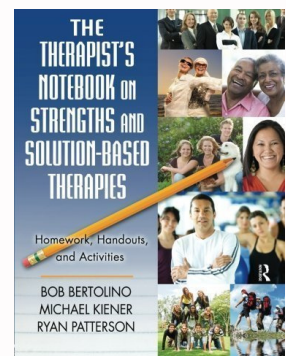
Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"



The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy

The Therapist's Notebook for Integrating Spirituality in Counseling I: Homework, Handouts, and Activities for Use in Psychotherapy

The Therapist's Notebook on Strengths and Solution-Based Therapies : Homework, Handouts, and Activities

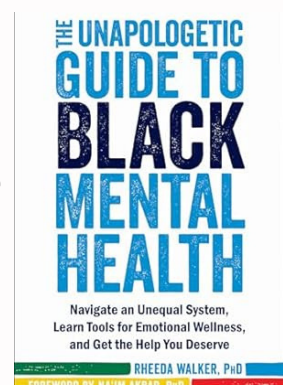


Treatment Plans and Interventions for Depression and Anxiety Disorders

The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind

The Veterans and Active Duty Military Psychotherapy Treatment Planner, with DSM-5 Updates



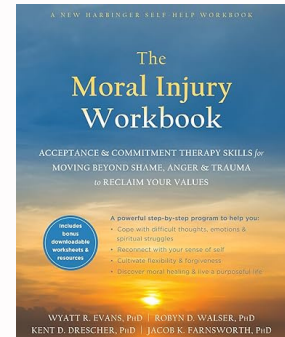
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Military and Veterans

The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values

Shooting Up: A Short History of Drugs and War

The Veterans and Active Duty Military Psychotherapy Treatment Planner, with DSM-5 Updates

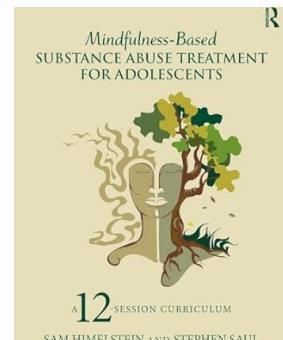


Mindfulness

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance

Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide

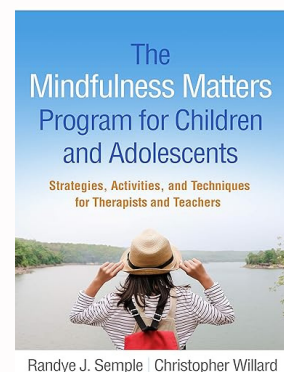
Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum



Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills

The Mindfulness Matters Program for Children and Adolescents: Strategies, Activities, and Techniques for Therapists and Teachers

The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger That Trigger Addictive Behaviors



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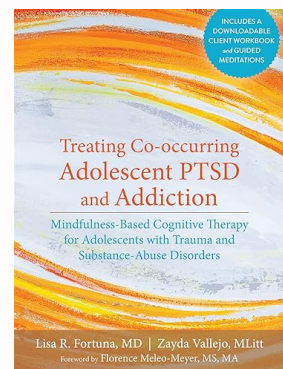
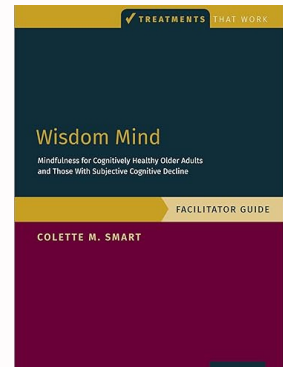
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Treating Co-occurring Adolescent PTSD and Addiction: Mindfulness-Based Cognitive Therapy for Adolescents with Trauma and Substance-Abuse Disorders

Wisdom Mind: Mindfulness for Cognitively Healthy Older Adults and Those with Subjective Cognitive Decline, Facilitator Guide

Wisdom Mind: Mindfulness for Cognitively Healthy Older Adults and Those with Subjective Cognitive Decline, Participant Workbook



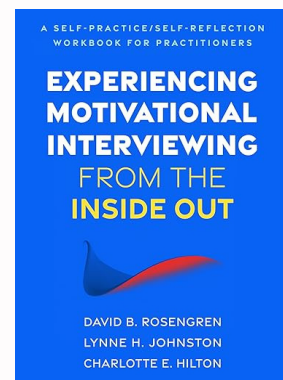
Motivational Interviewing

Building Motivational Interviewing Skills: A Practitioner Workbook

Deliberate Practice in Motivational Interviewing

Experiencing Motivational Interviewing from the Inside Out: A Self-Practice/Self-Reflection Workbook for Practitioners

Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There



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Motivational Interviewing

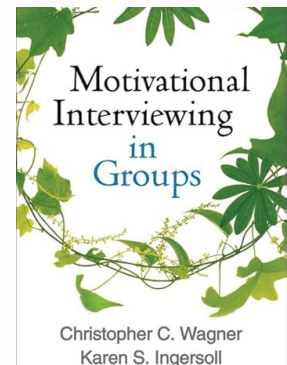
Fundamentals of Motivational Interviewing: Tips and Strategies for Addressing Common Clinical Challenges

Motivational Interviewing in Groups

Motivational Interviewing in Health Care: Helping Patients Change Behavior

Motivational Interviewing in the Treatment of Psychological Problems

The Motivational Interviewing Path to Personal Change



Older Adults

Elder Justice, Ageism, and Elder Abuse

The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition

Retirement and the Hidden Epidemic: The Complex Link Between Aging, Work Disengagement, and Substance Misuse -- and What to Do About It

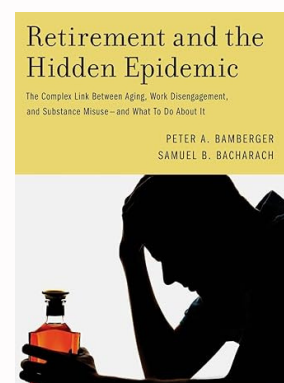
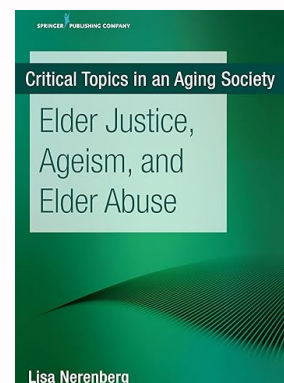
Substance Use in Older Adults

Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Clinician Guide

Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach, Workbook

Wisdom Mind: Mindfulness for Cognitively Healthy Older Adults and Those with Subjective Cognitive Decline, Facilitator Guide

Wisdom Mind - Participant Workbook



Opioids

A Concise Guide to Opioid Addiction for Counselors

Fentanyl, Inc.: How Rogue Chemists Are Creating the Deadliest Wave of the Opioid Epidemic

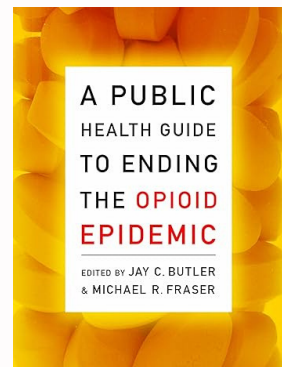
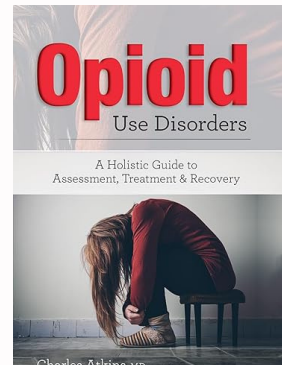
The Opioid Crisis: Use and Misuse of Prescription, Illicit and Synthetic Opioids

The Opioid Epidemic: What Everyone Needs to Know

Opioid Use Disorders: A Holistic Guide to Assessment, Treatment and Recovery

A Public Health Guide to Ending the Opioid Epidemic

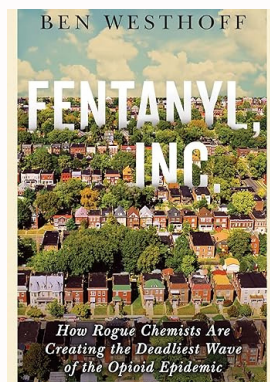
Treating Opioid Addiction



Overdose

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Light Up the Night: America's Overdose Crisis and the Drug Users Fighting for Survival



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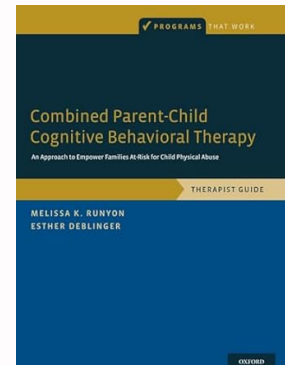
Parenting

1-2-3 Magic

Combined Parent-Child Cognitive Behavioral Therapy: An Approach to Empower Families At-Risk for Child Physical Abuse

If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents

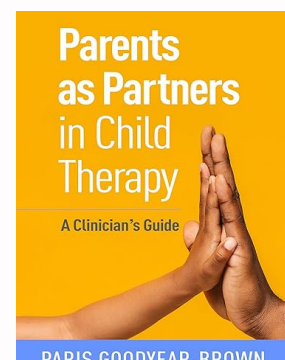
Mood Prep 101: A Parent's Guide to Preventing Depression and Anxiety in College-Bound Teens



The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction

Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

Parents As Partners in Child Therapy: A Clinician's Guide

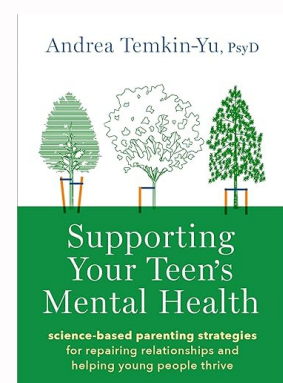


Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

Supporting Your Teen's Mental Health: Science-Based Parenting Strategies for Repairing Relationships and Helping Young People Thrive

Trauma-Informed Parenting Program: TIPS for Clinicians to Train Parents of Children Impacted by Trauma and Adversity

Understanding Your Child's Brain

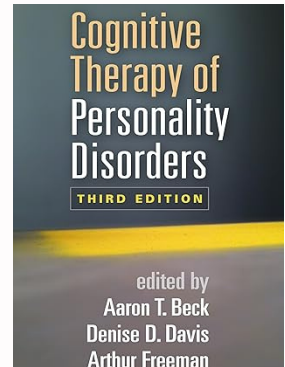


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Personality Disorders

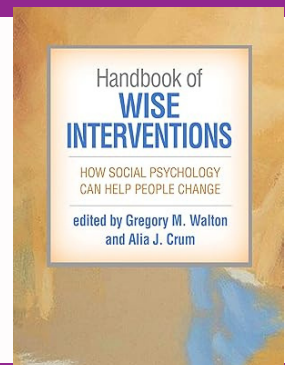
Cognitive Therapy of Personality Disorders

The Personality Disorders Treatment Planner:
Includes DSM-5 Updates



Positive Psychology

Handbook of Wise Interventions: How Social
Psychology Can Help People Change

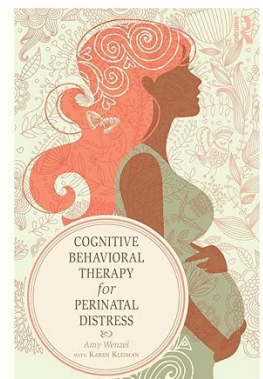


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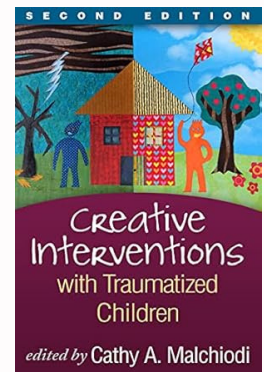
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Post-Traumatic Stress Disorder

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Patient Workbook

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Therapist Guide

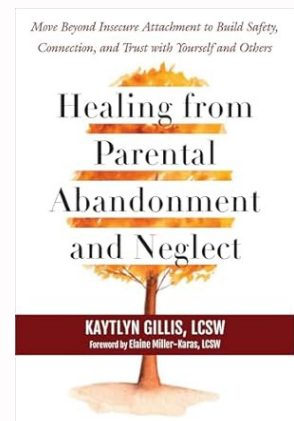
Creative Interventions with Traumatized Children



Facilitating Resilience and Recovery Following Trauma

From Trauma to Healing: A Social Worker's Guide to Working with Survivors

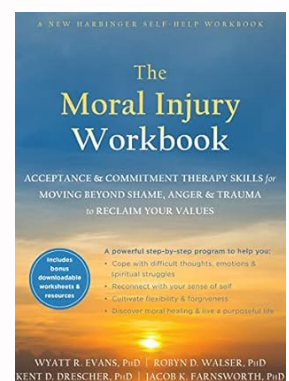
Healing From Parental Abandonment and Neglect: Move Beyond Insecure Attachment to Build Safety, Connection, and Trust with Yourself and Others



The Hero's Mask: Helping Children with Traumatic Stress: A Resource for Educators, Counselors, Therapists, Parents and Caregivers

Life After Trauma: A Workbook for Healing

The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values



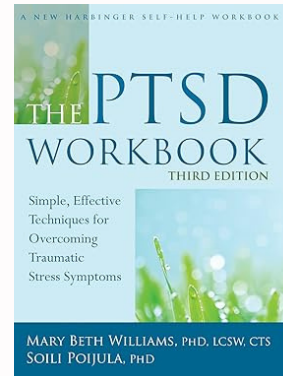
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Prolonged Exposure for PTSD in Intensive Outpatient Programs (PE-IOP): Therapist Guide

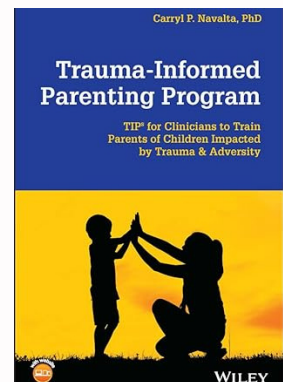
The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma



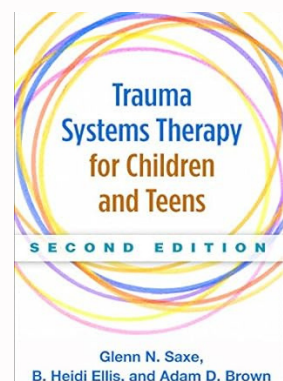
Supporting and Educating Traumatized Students: A Guide for School-Based Professionals

Trauma-Informed Parenting Program: TIPS for Clinicians to Train Parents of Children Impacted by Trauma and Adversity



Trauma Systems Therapy for Children and Teens

Treating Co-occurring Adolescent PTSD and Addiction: Mindfulness-Based Cognitive Therapy for Adolescents with Trauma and Substance-Abuse Disorders



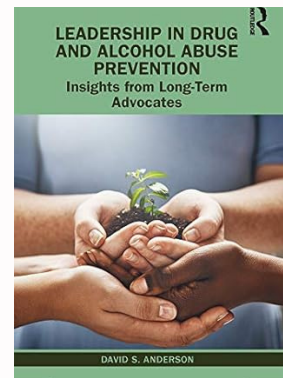
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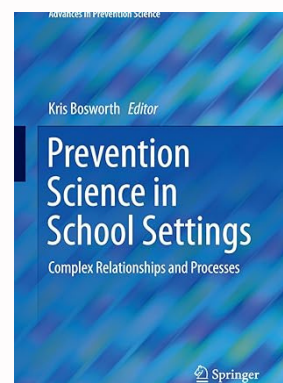
**The Kindness Curriculum: Stop Bullying Before It
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**Handbook of Adolescent Drug Use Prevention:
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**Leadership in Drug and Alcohol Abuse Prevention:
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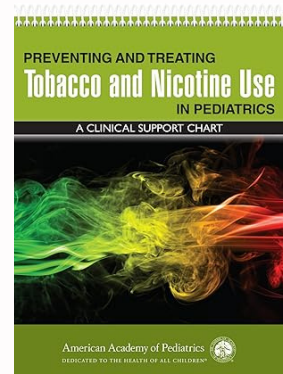
**Preventing Adolescent Depression and Suicide
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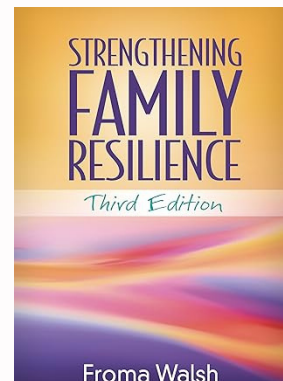
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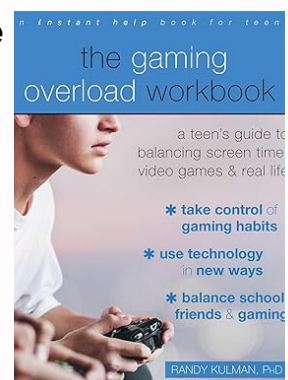
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The Oxford Handbook of Digital Technologies and Mental Health

Setting Limits: Gambling, Science and Public Policy

Unwired: Gaining Control Over Addictive Technologies

Youth Gambling: The Hidden Addiction



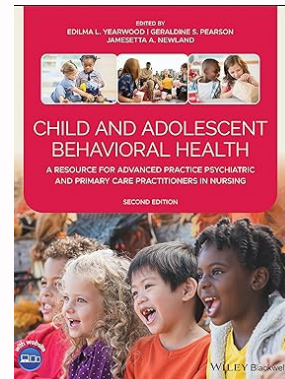
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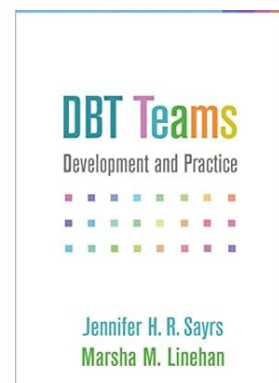


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Deliberate Practice in Motivational Interviewing

Designing Interventions to Promote Community Health: A Multilevel, Stepwise Approach

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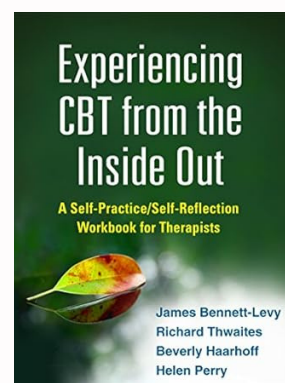


DSM-5® Made Easy: The Clinician's Guide to Diagnosis

Doing Family Therapy, Third Edition: Craft and Creativity in Clinical Practice

Experiencing ACT From the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists

Experiencing CBT From the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists



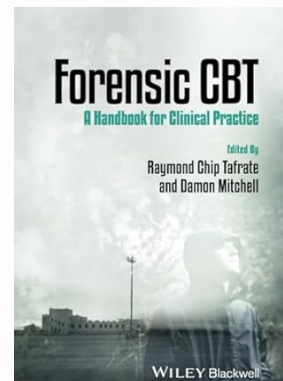
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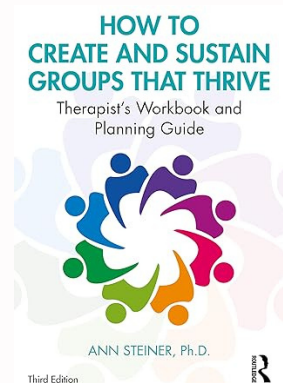


Handbook of Cognitive-Behavioral Therapies, Third Edition

How to Create and Sustain Groups That Thrive: Therapist's Workbook and Planning Guide

Motivational Interviewing in Groups

Motivational Interviewing in Health Care: Helping Patients Change Behavior

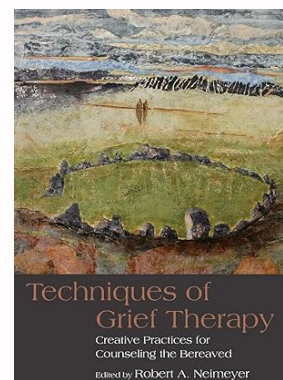


Pursuing a Career in Mental Health: A Comprehensive Guide for Aspiring Professionals

The Social Worker's Desk Reference

Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved

Training and Supervision in Specialized Cognitive Behavior Therapy: Methods, Settings, and Populations

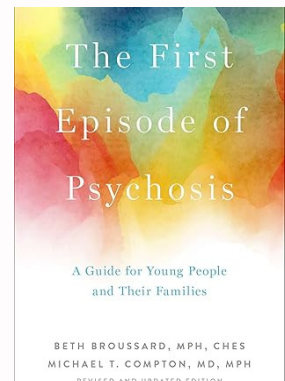


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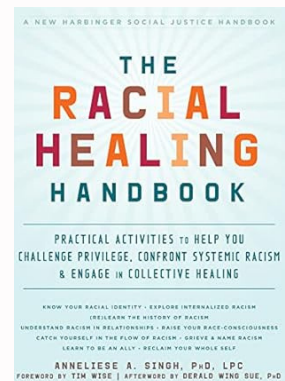
The First Episode of Psychosis: A Guide for Young People and Their Families, Revised and Updated Edition

Group-Centered Prevention in Mental Health: Theory, Training, and Practice



Racism/Bias

The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing

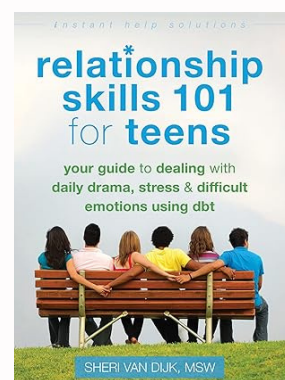


Relationships

An Emotionally Focused Workbook for Couples: The Two of Us

Knowing Yourself, Knowing Others: A Workbook for Children with Asperger's Disorder, Nonverbal Learning Disorder, and Other Social-Skill Problems

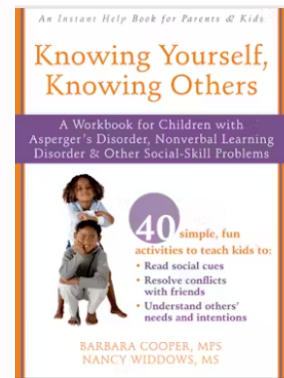
Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT



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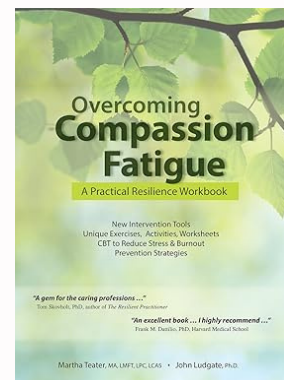
Knowing Yourself, Knowing Others: A Workbook for Children with Asperger's Disorder, Nonverbal Learning Disorder, and Other Social-Skill Problems



Self Care

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization

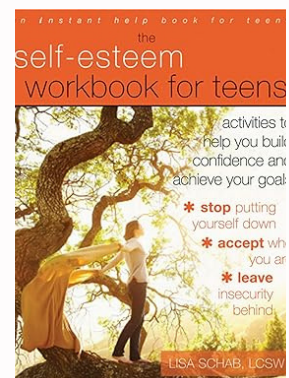
Overcoming Compassion Fatigue: A Practical Resilience Workbook



Self Esteem

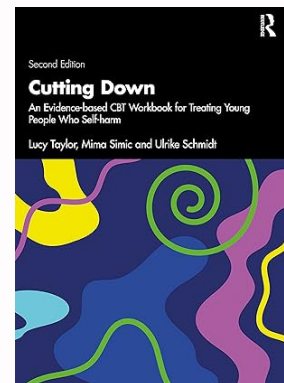
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Self-injury

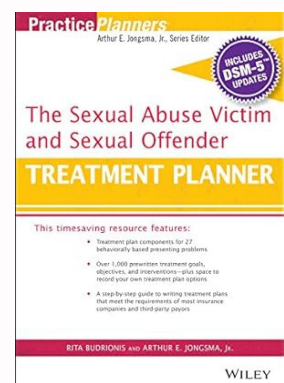
Cutting Down: An Evidence-based CBT Workbook for Treating Young People Who Self-harm



Sexual Abuse & Sexual Assault

The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates

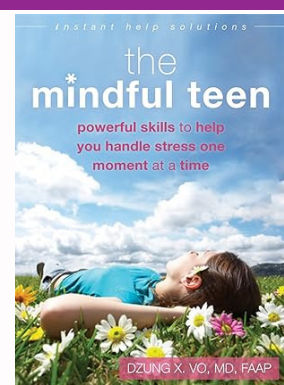
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Stress Management

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time

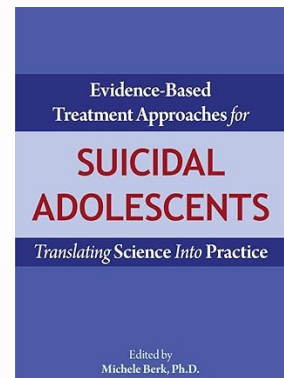
The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions



Suicide Prevention

Evidence-Based Treatment Approaches for Suicidal Adolescents: Translating Science into Practice

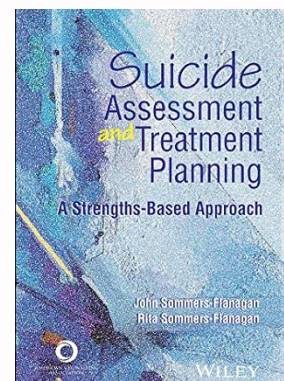
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Preventing Adolescent Depression and Suicide Among Latinas: Resilience Research and Theory

Rethinking Suicide: Why Prevention Fails, and How We Can Do Better

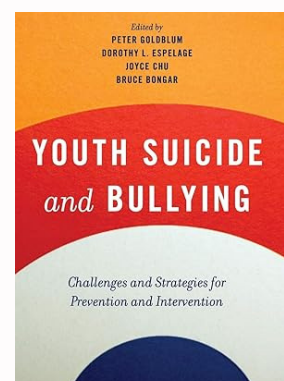
Suicide Assessment and Treatment Planning: A Strengths-Based Approach



The Suicidal Person: A New Look at a Human Phenomenon

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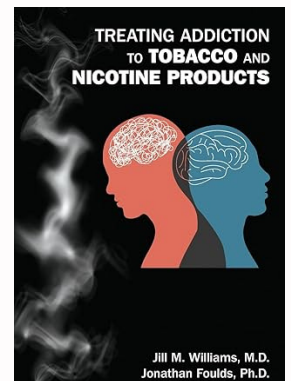


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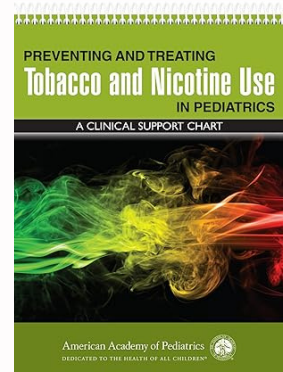
Treating Addiction to Tobacco and Nicotine Products



Vaping

Quit Vaping: Your Four-Step, 28-Day Program to Stop Smoking E-Cigarettes

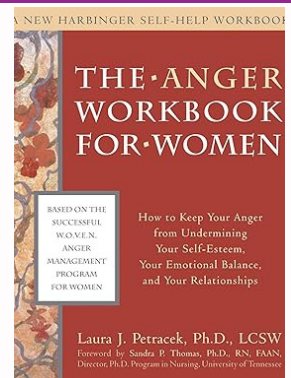
Treating Addiction to Tobacco and Nicotine Products



Women

The Anger Workbook for Women: How to Keep Your Anger From Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships

Beyond Violence+: A Prevention Program for Justice-Involved Women and Gender-Diverse People, Facilitator's Guide + Workbook

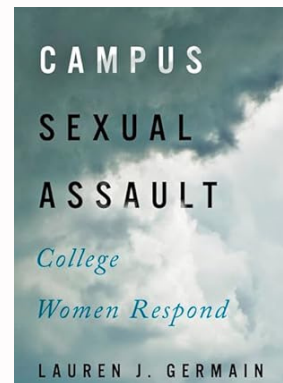


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Campus Sexual Assault: College Women Respond

A Woman's Journal: Helping Women Recover

A Woman's Journal: Helping Women Recover, Special Edition for Use in the Criminal Justice System



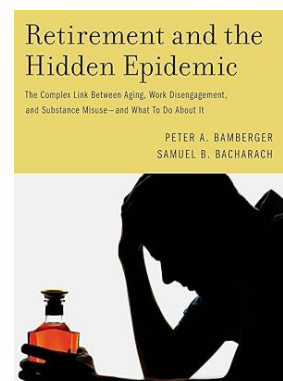
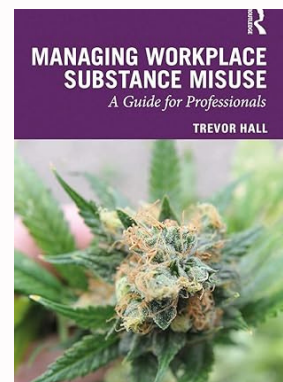
Workplace & Professional Mental Health

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization

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Overcoming Compassion Fatigue: A Practical Resilience Workbook

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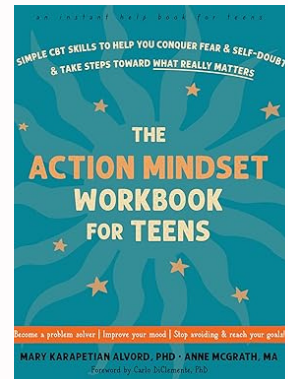


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The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control

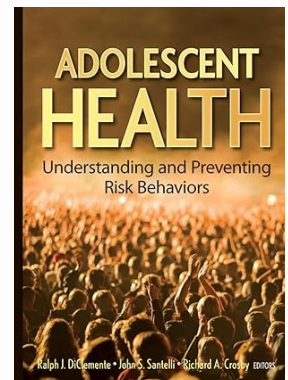
Adolescent Co-Occurring Substance Use and Mental Health Disorders



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Adolescents in Public Housing: Addressing Psychological and Behavioral Health

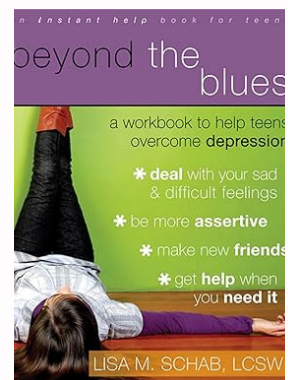
The ADHD Workbook for Teen Girls: Understand Your Neurodivergent Brain, Make the Most of Your Strengths, and Build Confidence to Thrive



The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

Beyond the Blues: A Workbook to Help Teens Overcome Depression



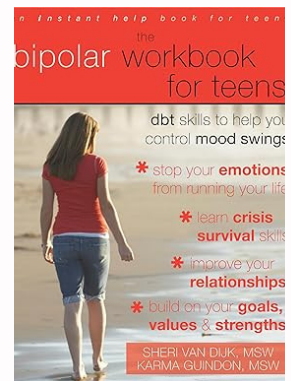
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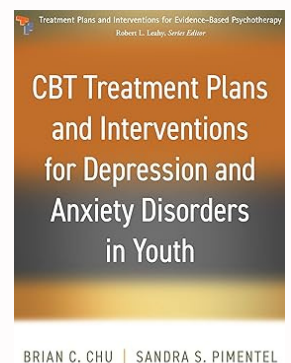
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CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth

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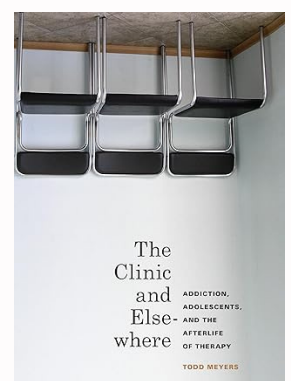
Child and Adolescent Behavioral Health: A Resource for Advanced Practice Psychiatric and Primary Care Practitioners in Nursing



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Child and Adolescent Drug and Substance Abuse: A Comprehensive Reference Guide

The Clinic and Elsewhere: Addiction, Adolescents, and the Afterlife of Therapy



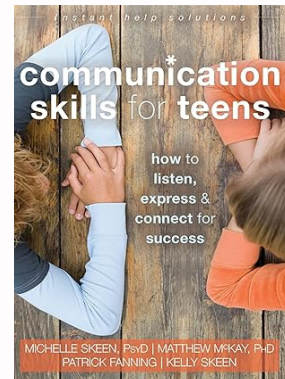
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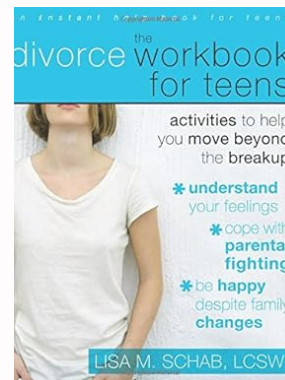
Creative Interventions with Traumatized Children

DBT Skills Manual for Adolescents



The Divorce Workbook for Teens: Activities to Help You Move Beyond the Breakup

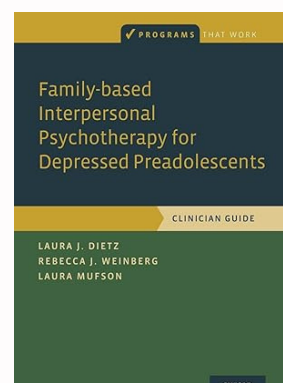
The Dialectical Behavior Therapy Skills Workbook for Teens: Simple Skills to Balance Emotions, Manage Stress, and Feel Better Now



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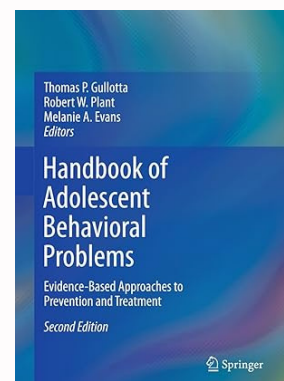
Free From OCD: A Workbook for Teens with Obsessive-Compulsive Disorder



Handbook of Adolescent Behavioral Problems: Evidence-Based Approaches to Prevention and Treatment

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Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance

Mental Health Issues and the University Student



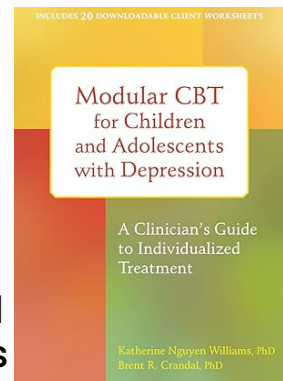
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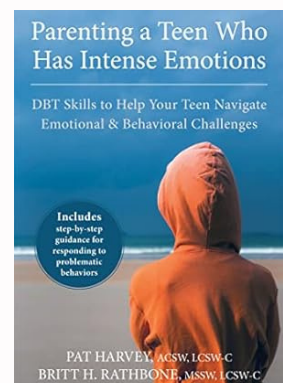
The Mindfulness Matters Program for Children and Adolescents: Strategies, Activities, and Techniques for Therapists and Teachers



Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment

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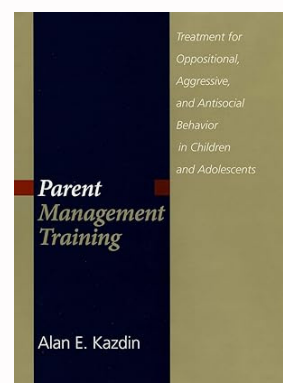
Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents



Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

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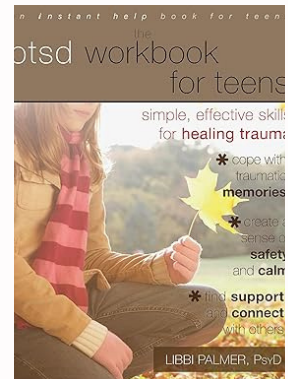
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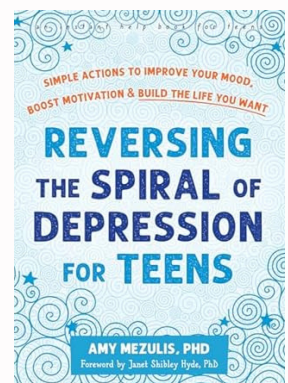
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The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions

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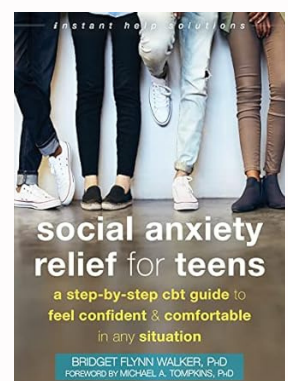
The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals



Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

Smart But Stuck: Emotions in Teens and Adults with ADHD

Social Anxiety Relief for Teens: A Step-by-Step CBT Guide to Feel Confident and Comfortable in Any Situation



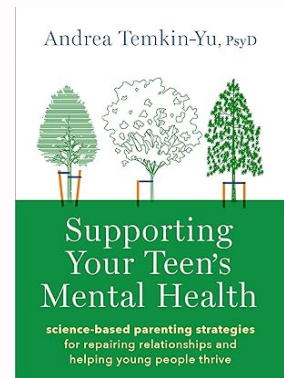
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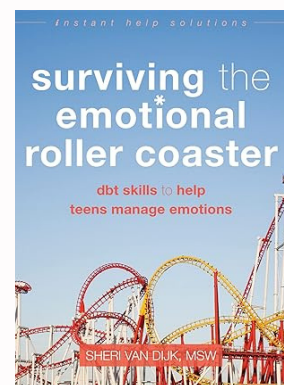
Supporting Your Teen's Mental Health: Science-Based Parenting Strategies for Repairing Relationships and Helping Young People Thrive



Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"

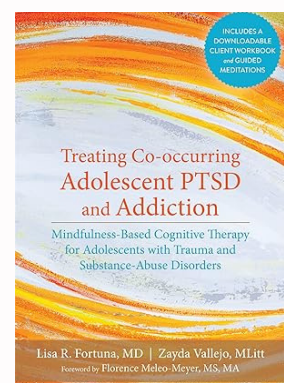
The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy



Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults

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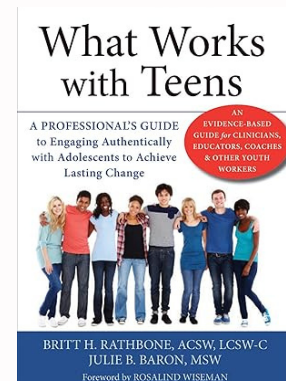


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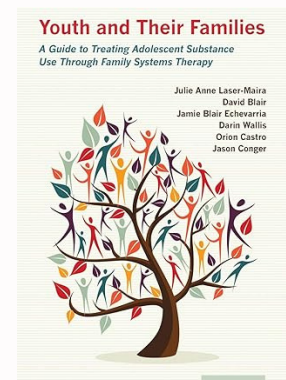
Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience

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