

Advances in Psychotherapy Evidence-Based Practice

“Clinicians and mental health professionals appreciate the importance of ensuring that the treatments they provide are grounded in empirical research, but they often have trouble keeping up with the latest research findings. *Advances in Psychotherapy – Evidence-Based Practice* is a book series developed by The Society of Clinical Psychology (APA Division 12) to address this problem. The Society is delighted to be working with the National Register and Hogrefe to make books in the series available to Division 12 and National Register members at a substantial discount along with the potential for earning continuing education credits. Reading these books will inform your practice and expand your skills.”

Danny Wedding, PhD, *Advances in Psychotherapy* Series Editor and Morgan T. Sammons, PhD, ABPP, Executive Officer, National Register of Health Service Psychologists

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Earn 5 CE credits for reading volumes of the Advances in Psychotherapy book series

How does it work?

Psychologists and other healthcare providers may earn five continuing education credits for reading the books in the *Advances in Psychotherapy* series and taking a multiple choice exam. This continuing education program is a partnership of Hogrefe Publishing and the National Register of Health Service Psychologists.

The National Register of Health Service Psychologists is approved by the American Psychological Association to sponsor continuing education for psychologists. The National Register maintains responsibility for this program and its content.

Readers who are not members of National Register can purchase each exam for US \$25.00 or access to the entire series of exams for US \$200.00. National Register members can take the exams free of charge.

Exams are available for 29 topics / books, with new titles being continually added.

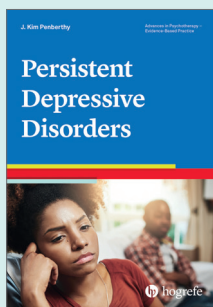
Learn more at <https://us.hogrefe.com/cenatreg>

Book series developed and edited with the support of the Society of Clinical Psychology (APA Division 12)

The series provides practical evidence-based guidance on the diagnosis and treatment of the most common disorders seen in clinical practice – and does so in a uniquely reader-friendly manner. A new strand is dealing with methods and approaches rather than specific disorders. Each book is both a compact how-to reference for use by professional clinicians in their daily work, as well as an ideal educational resource for students and for practice-oriented continuing education.

- **Practice-oriented:** The main emphasis is on information that therapists and practitioners can use in their daily practice.
- **Easy-to-read:** The most important information is summarized in tables, illustrations, or displayed boxes, and marginal notes.
- **Compact:** Each volume consists of 80–100 pages.
- **Expert authors:** We recruit genuine authorities to write for the series; many of our authors are leaders in the Society of Clinical Psychology (APA Div. 12).
- **Regular publication:** We aim to publish 4 volumes each year.
- **Reasonably priced:** The list price is under \$30 per volume. Discounts are available.

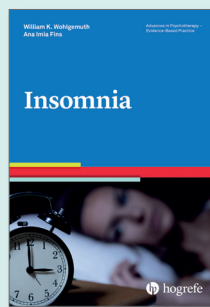
Latest releases



J. Kim Penberthy
Persistent Depressive Disorders

Vol. 43, 2019, vi + 106 pp.
ISBN 978-0-88937-505-5
Also available as eBook

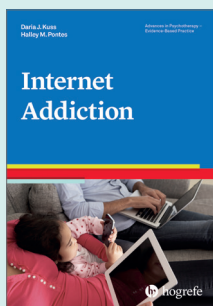
This compact guide is packed with the latest knowledge on the assessment and treatment of persistent depressive disorders (PDDs) – the new DSM-5 diagnosis that amalgamates the categories dysthymic disorder (DD), chronic major depression (MDD), and DD with major depressive episode (MDE). Written by a leading expert, the book guides us through the complexities of assessing PDDs and the models for understanding disorders develop and are maintained over long periods. The author goes on to explore in detail the cognitive behavioral analysis system of psychotherapy (CBASP), a treatment specifically developed for PDDs. Printable tools in the appendices can be used in daily practice.



William K. Wohlgenuth / Ana Imia Fins
Insomnia

Vol. 42, 2019, viii + 94 pp.
ISBN 978-0-88937-415-7
Also available as eBook

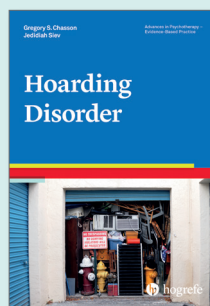
This concise reference written by leading experts provides practical and up-to-date advice on current approaches to assessment, diagnosis, and treatment of insomnia. Professionals and students learn to correctly identify and diagnose insomnia and gain hands-on information on how to carry out treatment with the best evidence base: cognitive behavioral therapy for insomnia (CBT-I). The American Academy of Sleep Medicine (AASM) and the American College of Physicians (ACP) both recognize CBT-I as the first-line treatment approach to insomnia. Appendices include useful resources for the assessment and treatment of insomnia, which readers can copy and use in their clinical practice.



Daria J. Kuss / Halley M. Pontes
Internet Addiction

Vol. 41, 2019, iv + 86 pp.
ISBN 978-0-88937-501-7
Also available as eBook

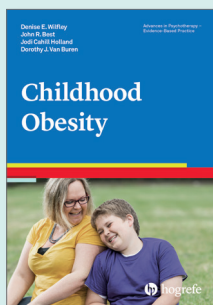
This compact, evidence-based guide written by leading experts from the field helps disentangle the debates and controversies around Internet addiction and outlines the current assessment and treatment methods. The book presents a 12–15 session treatment plan for Internet and gaming addiction using the method and setting with the best evidence: group CBT. Printable tools in the appendix help clinicians implement therapy.



Gregory S. Chasson / Jedidiah Siev
Hoarding Disorder

Vol. 40, 2019, viii + 76 pp.
ISBN 978-0-88937-407-2
Also available as eBook

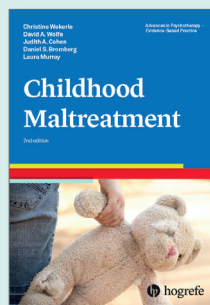
This evidence-based guide written by leading experts presents the latest knowledge on assessment and treatment of hoarding disorder. The reader gains a thorough grounding in the treatment of choice for hoarding – a specific form of CBT interweaved with psychoeducational, motivational, and harm-reduction approaches to enhance treatment outcome. Rich anecdotes and clinical pearls illuminate the science, and the book also includes information for special client groups, such as older individuals and those who hoard animals.



Denise E. Wilfley / John R. Best /
Jodi Cahill Holland / Dorothy J. Van Buren
Childhood Obesity

Vol. 39, 2019, x + 80 pp.
ISBN 978-0-88937-406-5
Also available as eBook

One in every six children, and more in some ethnic groups, are obese, which can lead to serious health problems in adulthood. Successful treatment of young patients is complex, requiring time-intensive, evidence-based care delivered by a multidisciplinary team. Help is at hand with this well written, compact book by leading experts, which gives health professionals a clear overview of the current scientific knowledge on childhood obesity. In particular, the authors outline a family-based treatment method which is best supported by the evidence and meets the recommendations of the American Academy of Pediatrics and other organizations.



Christine Wekerle / David A. Wolfe /
Judith A. Cohen / Daniel S. Bromberg /
Laura Murray
Childhood Maltreatment

Vol. 4, 2nd ed. 2019, viii + 100 pp.
ISBN 978-0-88937-418-8
Also available as eBook

The new edition of this popular, evidence-based guide compiles and reviews all the latest knowledge on assessment, diagnosis, and treatment of childhood maltreatment – including neglect and physical, sexual, psychological, or emotional abuse. Readers are led through this complex problem with clear descriptions of legal requirements for recognizing, reporting, and disclosing maltreatment as well as the best assessment and treatment methods. The focus is on the current gold standard approach – trauma-focused CBT. An appendix provides a sample workflow of a child protection case and a list of extensive resources, including webinars.

Volumes available for CE credits

Children & Adolescents

- **Childhood Maltreatment, 2nd ed.** by Christine Wekerle / David A. Wolfe / Judith A. Cohen / Daniel S. Bromberg / Laura Murray (2019)
- **Childhood Obesity** by Denise E. Wilfley / John R. Best / Jodi Cahill Holland / Dorothy J. Van Buren (2019)
- **ADHD in Children and Adolescents** by Brian P. Daly / Aimee K. Hildenbrand / Ronald T. Brown (2016)

Anxiety and Related Disorders

- **Hoarding Disorder** by Gregory S. Chasson / Jedidiah Siev (2019)
- **Obsessive-Compulsive Disorder in Adults** by Jonathan S. Abramowitz / Ryan J. Jacoby (2014)
- **Generalized Anxiety Disorder** by Craig D. Marker / Alison Aylward (2011)
- **Social Anxiety Disorder** by Martin M. Antony / Karen Rowa (2008)

Behavioral Medicine and Related Areas

- **Insomnia** by William K. Wohlgemuth / Ana Imia Fins (2019)
- **Alzheimer's Disease and Dementia** by Benjamin T. Mast / Brian P. Yochim (2018)
- **Multiple Sclerosis** by Pearl B. Werfel / Ron E. Franco Durán / Linda J. Trettin (2016)
- **Headache** by Todd A. Smitherman / Donald B. Penzien / Jeanetta C. Rains / Robert A. Nicholson / Timothy T. Houle (2014)
- **Chronic Pain** by Beverly J. Field / Robert A. Swann (2008)
- **Treating Victims of Mass Disaster and Terrorism** by Jennifer Housley / Larry E. Beutler (2006)

Methods and Approaches

- **Mindfulness** by Katie Witkiewitz / Corey R. Roos / Dana Dharmakaya Colgan / Sarah Bowen (2017)

Addictions and Related Disorders

- **Internet Addiction** by Daria J. Kuss / Halley M. Pontes (2019)
- **Substance Use Problems, 2nd ed.** by Mitch Earleywine (2016)
- **Women and Drinking: Preventing Alcohol-Exposed Pregnancies** by Mary M. Velasquez / Karen Ingersoll / Mark B. Sobell / Linda Carter Sobell (2015)
- **Binge Drinking and Alcohol Misuse Among College Students Young Adults** by Rachel P. Winograd / Kenneth J. Sher (2015)
- **Nicotine and Tobacco Dependence** by Alan L. Peterson / Mark W. Vander Weg / Carlos R. Jaén (2011)
- **Alcohol Use Disorders** by Stephen A. Maisto / Gerard J. Connors / Ronda L. Dearing (2007)
- **Problem and Pathological Gambling** by James P. Whelan / Timothy A. Steenbergh / Andrew W. Meyers (2007)

Sexual Disorders

- **Sexual Dysfunction in Women** by Marta Meana (2012)
- **Sexual Dysfunction in Men** by David Rowland (2012)
- **Sexual Violence** by William R. Holcomb (2010)

Other Serious Mental Illnesses

- **Persistent Depressive Disorders** by J. Kim Penberthy (2019)
- **The Schizophrenia Spectrum, 2nd ed.** by William D. Spaulding / Steven M. Silverstein / Anthony A. Menditto (2017)
- **Bipolar Disorder, 2nd ed.** by Robert P. Reiser / Larry W. Thompson / Sheri L. Johnson / Trisha Suppes (2017)
- **ADHD in Adults** by Brian P. Daly / Elizabeth Nicholls / Ronald T. Brown (2016)
- **Depression** by Lynn P. Rehm (2010)
- **Suicidal Behavior** by Richard McKeon (2009)

Visit <https://www.hogrefe.com/us/cenatreg/> to find out more.

Also available

- **Autism Spectrum Disorder** by L. Joseph / Latha V. Soorya / Audrey Thurm (2014)
- **Language Disorders in Children and Adolescents** by Joseph H. Beitchman / E. B. Brownlie (2013)
- **Phobic and Anxiety Disorders in Children and Adolescents** by Aime E. Grills-Tauchel / Thomas H. Ollendick (2012)
- **Growing Up with Domestic Violence** by Peter Jaffe / David A. Wolfe / Marcie Campbell (2011)
- **Nonsuicidal Self-Injury** by E. David Klonsky / Jennifer J. Muehlenkamp / Stephen P. Lewis / Barrent Walsh (2011)
- **Public Health Tools for Practicing Psychologists** by Jalie A. Tucker / Diane M. Grimley (2011)

Forthcoming volumes

- Suicidal Behavior, 2nd ed.
- Bullying and Peer Victimization
- Alcohol Use Problems in Older Adults
- Psychological Approaches to Cancer Care
- Harm Reduction Approaches
- Panic Disorder and Agoraphobia
- Body Dysmorphic Disorder
- Occupational Stress
- Dating Violence
- Time-Out for Child Behavior Management
- Domestic Violence
- Group Therapy for Depressive Disorders
- Affirmative Counseling With Transgender and Gender Diverse Clients
- Collaborating with Schools
- Culturally Sensitive Psychotherapy
- Supporting Children After Mass Disaster

Order and price information

The volumes may be purchased individually, by Series Standing Order (minimum of 4 successive volumes), or as a complete package. The advantages of ordering by Series Standing Order: You will receive each volume automatically as soon as it is released, and only pay the special Series Standing Order price of US \$24.80/€ 19.95 – saving US \$5.00/€ 4.00 compared to the single-volume price of US \$29.80/€ 24.95.

Order online at <https://www.hogrefe.com/us/apt>

Special prices for members of APA Division 12:

APA D12 members can purchase a single volume at US \$24.80/€ 19.95, and only pay US \$19.80/€ 17.95 per volume by Series Standing Order – saving US \$10/€ 7.00 per book! In order to obtain the membership discount you must first register at www.hogrefe.com/us and sign up for the discount.

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