

# ✓ Top Selling Professional Resources

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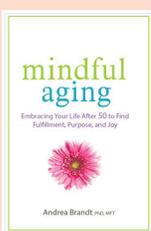
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## NEW RELEASES



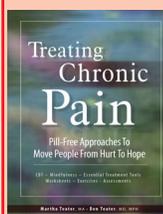
### Mindful Aging

Andrea Brandt, Ph.D., MFT

The acclaimed *Mindful Aging* is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Join the millions who are becoming mindful about aging, and discover the secrets to creating a life that doesn't wane as the years go by.

230 Pages | PUB085125

**\$16<sup>99</sup>**



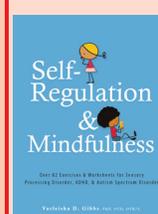
### Treating Chronic Pain

Martha Teather, MA, LMFT, LCAS, LPC;  
Donald Teater, M.D., MPH

Written by a mental health professional and a physician with over fifty years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.

156 Pages | PUB085190

**\$24<sup>99</sup>**



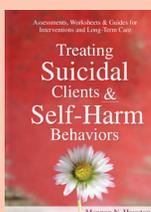
### Self-Regulation and Mindfulness

Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a ground-breaking resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success.

200 Pages | PUB085000

**\$26<sup>99</sup>**



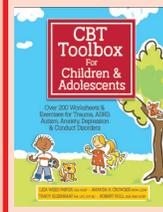
### Treating Suicidal Clients & Self-Harm Behaviors

Meagan Houston, Ph.D., SAP

*Treating Suicidal Clients & Self-Harm Behaviors* is filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods of their lives where suicidal and/or self-harm behaviors appear to be their primary options to cope.

217 Pages | PUB085170

**\$29<sup>99</sup>**



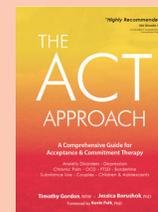
### CBT Toolbox for Children and Adolescents

Robert Hull, MA, ED, EDS, MHS; Lisa Phifer;  
Amanda Crowder, LCSW; Tracy Elsenraat

The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. These practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles.

230 Pages | PUB085120

**\$34<sup>99</sup>**



### The ACT Approach

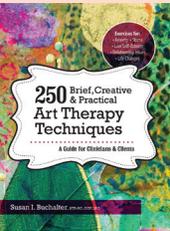
Timothy Gordon, MSW, RSW;  
Jessica Borushok, Ph.D.

Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won't find anywhere else

171 Pages | PUB085130

**\$29<sup>99</sup>**

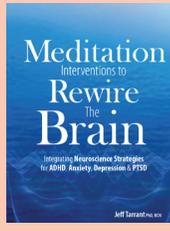
# NEW RELEASES



## 250 Brief, Creative & Practical Art Therapy Techniques

Susan Buchalter, ATR-BC, CGP, LPC  
These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.

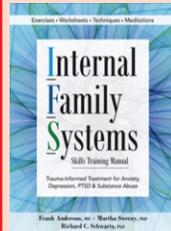
271 Pages | PUB085195 **\$29<sup>99</sup>**



## Meditation Interventions to Rewire the Brain

Jeff Tarrant, Ph.D., BCIA-EEG, BCN  
*Meditation Interventions to Rewire the Brain* takes a practical, individualized, brain-based approach to the practice of meditation. Jeff goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD.

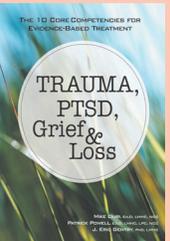
175 Pages | PUB085030 **\$29<sup>99</sup>**



## Internal Family Systems Skills Training Manual

Frank G. Anderson, M.D., Martha Sweezy, Ph.D., Richard C. Schwartz, Ph.D.  
Internal Family Systems Therapy (IFS) provides a revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- IFS applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications.

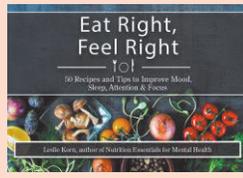
137 Pages | PUB085175 **\$29<sup>99</sup>**



## Trauma, PTSD, Grief & Loss

Michael Dubi, Ed.D., LMHC; Patrick Powell, Ed.D., LMHC, LPC, NCC; Eric Gentry, Ph.D., LMHC  
*Trauma, PTSD, Grief & Loss* provides a holistic and systemic path of understanding traumatic stress, and charts the most effective treatments, outlined in the 10 core trauma competencies. Trauma experts J. Eric Gentry and Mike Dubi bring 70+ years of clinical trauma experience, providing best-practice, evidence-based clinical interventions and techniques.

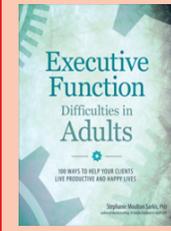
101 Pages | PUB084790 **\$24<sup>99</sup>**



## Eat Right, Feel Right

Leslie Korn, Ph.D., MPH, LMHC  
Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. *Eat Right, Feel Right* teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

160 Pages | PUB084920 **\$19<sup>99</sup>**



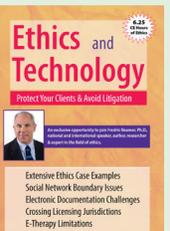
## Executive Function Difficulties in Adults

Stephanie Sarkis, Ph.D.  
Executive function difficulties may not go away with age--and inside you'll find 52 worksheets, 40 handouts, and dozens of tips to make day-to-day living easier and more productive for adults.

197 Pages | PUB085200 **\$29<sup>99</sup>**

# DVDs

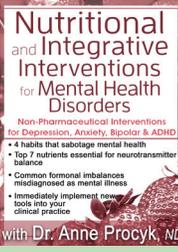
## Earn CE Credits On Most DVDs!



## Ethics and Technology

Frederic Reamer, Ph.D.  
This recording will address emerging issues such as Social Network Boundary Issues, E-Therapy Limitations and Electronic Documentation Challenges, along with a wide range of enduring complex ethical challenges in behavioral health. Through extensive use of case material, Dr. Reamer will investigate ethical dilemmas and challenges related to technology and relationships.

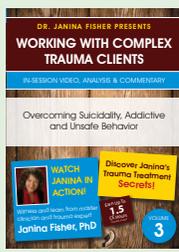
Earn Up To 6.25 CE Hours  
6 hours, 22 minutes | RNV052335 **\$199<sup>99</sup>**



## Nutritional and Integrative Interventions for Mental Health Disorders

Anne Procyk, N.D.  
Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

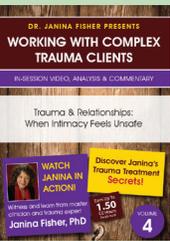
Earn 6.25 CE Hours  
6 hours, 7 minutes | RNV045975 **\$199<sup>99</sup>**



## Overcoming Suicidality, Addictive and Unsafe Behavior

Janina Fisher, Ph.D.  
This in-session video and analysis focuses on a client with Dissociative Identity Disorder who is working on changing her relationship to chronic suicidal ideation and impulsivity. She speaks frankly about the shame evoked by traditional approaches to suicidality and how it fuels the suicidal part to desperate measures.

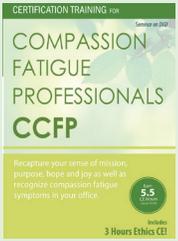
Earn 1.5 CE Hours  
1 hour, 40 minutes | RNV052375 **\$59<sup>99</sup>**



## Trauma & Relationships: When Intimacy Feels Unsafe

Janina Fisher, Ph.D.  
This in-session video and analysis focuses on a couple in their 40s. Health problems have undermined S's functioning, increasing pressure on J. to be the breadwinner and caregiver. In this session, they are asked to attend to their physical and emotional responses to each other without attributing blame.

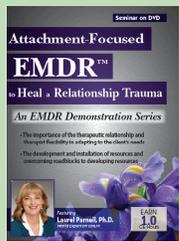
Earn 1.5 CE Hours  
1 hour, 31 minutes | RNV052380 **\$59<sup>99</sup>**



## Certification Training for Compassion Fatigue Professionals (CCFP)

Eric Gentry, Ph.D., LMHC  
This course includes a wide array of information and skills to help caregivers combat compassion fatigue and develop professional resiliency skills to be maximally functional under the emotional demands of their work environment.

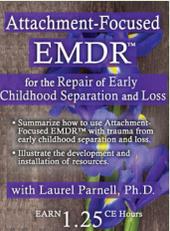
Earn 6 CE Hours  
5 hours, 28 minutes | RNV045740 **\$199<sup>99</sup>**



## Attachment-focused EMDR™ to Heal a Relationship Trauma

Laurel Parnell, Ph.D.  
This in-session video shows Laurel demonstrating how to use Attachment-Focused EMDR™ to heal a past relationship trauma that was causing the client distress in the present. He wanted to be free from the threat of being triggered in future situations.

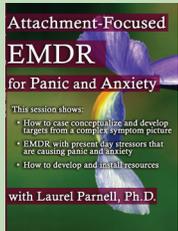
Earn 1 CE Hour  
1 hour, 7 minutes | RNV051480 **\$39<sup>99</sup>**



## Attachment-focused EMDR™ for the Repair of Early Childhood Separation and Loss

Laurel Parnell, Ph.D.  
This in-session video shows Laurel demonstrating how to use Attachment-Focused EMDR™ with trauma from early childhood separation and loss. The client presents with anxiety, trouble sleeping and irritability related to a future move.

Earn Up To 1.25 CE Hours  
1 hour, 24 minutes  
RNV051485 **\$39<sup>99</sup>**



## Attachment-Focused EMDR™ for Panic and Anxiety

Laurel Parnell, Ph.D.  
In this video Laurel shows how to use Attachment-Focused EMDR™ with a woman with a phobia that causes her panic and anxiety. The client was so triggered by seeing/hearing young mothers or children in distress, that she would become overwhelmed with anxiety and panic and either attempt to intervene, or flee from the situation.

No CE Available  
45 minutes | RNV051495 **\$39<sup>99</sup>**



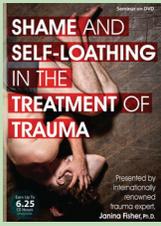
## The Ten Best-Ever Anxiety Treatment Techniques

Margaret Wehrenberg, Psy.D.  
This fresh approach will give you a complete set of tools to work with anxiety symptoms. These 10 proven methods can control most symptoms of panic, generalized anxiety and social anxiety.

Earn 6.25 CE Hours  
6 hours, 36 minutes | RNV012570 **\$199<sup>99</sup>**

# DVDs

Earn CE Credits  
On Most DVDs!



## Shame and Self-Loathing in the Treatment of Trauma

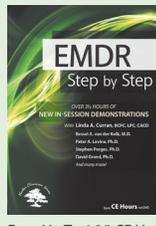
Janina Fisher, Ph.D.

In this one-of-a-kind recording you will understand shame from a neurobiological perspective — as a survival strategy driving somatic responses of automatic obedience and total submission — enforced by the client's punitive introspection.

Earn Up To 6.25 CE Hours

5 hours, 58 minutes | RNV045995

**\$199<sup>99</sup>**



## EMDR: Step by Step

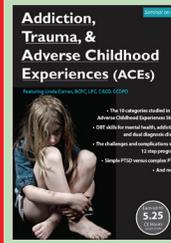
Linda Curran, BCPC, LPC, CACD, CDDPD

*EMDR: Step-by-Step* will provide you with practical strategies for effective implementation of EMDR into your practice. Through in-session demos, instructive commentary, and expert guidance and support, you'll learn to safely and effectively utilize EMDR for traumatic stress treatment.

Earn Up To 6.25 CE Hours

6 hours, 9 minutes | RNV051150

**\$199<sup>99</sup>**



## Addiction, Trauma, & Adverse Childhood Experiences (ACEs)

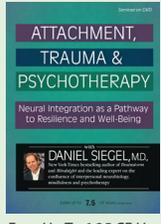
Linda Curran, BCPC, LPC, CACD, CDDPD

Learn key insights regarding the neuroscience of addiction from the Adverse Childhood Experiences (ACE) Study. You will understand the important assessment and treatment implications from neuroscience that show us addiction is experience dependent, not substance dependent.

Earn Up To 5.25 CE Hours

5 hours, 16 minutes | RNV051500

**\$199<sup>99</sup>**



## Attachment, Trauma & Psychotherapy

Daniel Siegel, M.D.

Join world-renowned neuropsychiatrist and *New York Times* bestselling author Dan Siegel and explore the properties of psychological well-being and how new scientific insights are providing us with a deeper understanding of why psychotherapy works.

Earn Up To 6.25 CE Hours

5 hours, 57 minutes | RNV046455

**\$199<sup>99</sup>**



## Collaborative & Proactive Solutions for Challenging Kids

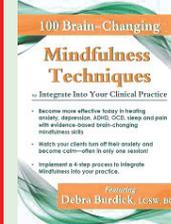
Ross Greene, Ph.D.

In real sessions, watch Dr. Greene apply the empirically supported CPS model to help actual parents and kids solve the problems that contribute to challenging behavioral episodes, rather than simply modifying the behaviors that kids exhibit in response to those problems. Dr. Greene masterfully describes and utilizes the key elements of his CPS model, and then steps back and explains the crucial strategies that make this model an effective approach to therapy.

Earn 7 CE Hours

7 hours, 10 minutes | RNV049010

**\$199<sup>99</sup>**



## 100 Brain-Changing Mindfulness Techniques to Integrate Into Your Clinical Practice

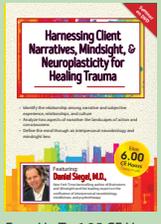
Debra Burdick, LCSW, BCN

Enhance your treatment plans for anxiety, depression, ADHD, OCD, bipolar disorder, sleep, pain, and stress with brain-changing mindfulness skills tailored to the problems your clients face each day.

Earn Up To 6.25 CE Hours

5 hours, 56 minutes | RNV047070

**\$199<sup>99</sup>**



## Harnessing Client Narratives, Mindsight & Neuroplasticity for Healing Trauma

Daniel Siegel, M.D.

Scientific evidence suggests that narrative analysis is a key research and clinical instrument in distinguishing resolved from unresolved trauma. When you combine a narrative approach with Dan Siegel's Mindsight approach, you will be a part of a process that will promote dramatic and lasting change for your clients.

Earn Up To 6.25 CE Hours

6 hours, 7 minutes | RNV049935

**\$199<sup>99</sup>**



## Emotionally Focused Therapy

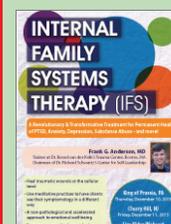
Sue Johnson, Ed.D.

Primary developer of Emotionally Focused Couples Therapy (EFT) and best-selling author Dr. Sue Johnson shows you how the EFT method illustrates the new science of love and bonding. Emotionally Focused Therapy (EFT) harnesses the new science of love and relationships into a structured, on-target, effective roadmap we can follow to take couples from disaster to safety and emotional connection. Not only will you be able to heal relationships, but also create relationships that heal.

Earn Up To 6.25 CE Hours

5 hours, 54 minutes | RNV047620

**\$199<sup>99</sup>**



## Internal Family Systems Therapy (IFS)

Frank Anderson, M.D.

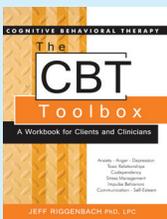
In IFS the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. All clients have the ability to heal themselves if they listen to their parts. IFS is a very powerful tool for clinicians. Once you see it in action, you'll be hooked! And you'll want to immediately incorporate it into your practice.

Earn Up To 6.25 CE Hours

6 hours, 7 minutes | RNV048925

**\$199<sup>99</sup>**

# BOOKS



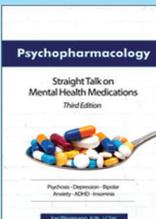
## The CBT Toolbox

Jeff Rigenbach, Ph.D., LPC

Cognitive Behavior Therapy (CBT) is the most empirically supported form of treatment for a broad range of psychological problems. Practical and easy to use, *The CBT Toolbox* guides you through evidence-based exercises to help navigate the road to recovery.

360 Pages | PUB045105

**\$28<sup>95</sup>**



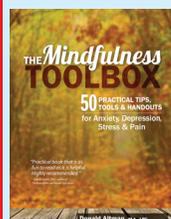
## Psychopharmacology: Straight Talk on Mental Health Medications, Third Edition

Joseph Wegmann, Pharm.D., LCSW

This is the definitive guide and desk reference for healthcare professionals and patients to expand their knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD.

250 Pages | PUB083825

**\$24<sup>99</sup>**



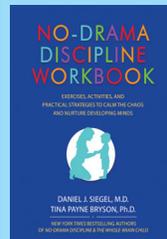
## The Mindfulness Toolbox

Donald Altman, M.A., LPC

Containing 50 easy-to-use, reproducible handouts and expertly crafted, guided scripts, this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook produce new insight, positive change, and a sense of hope.

203 Pages | PUB082210

**\$29<sup>99</sup>**



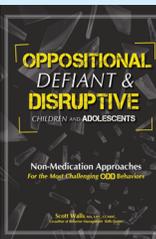
## No-Drama Discipline Workbook

Daniel Siegel, M.D., and Tina Payne Bryson, Ph.D.

Based on their *New York Times* bestselling book *No-Drama Discipline*, Dan Siegel and Tina Payne Bryson have created a guide to manage and reduce drama in your interactions with your kids, and even decrease the amount of time you spend having to discipline.

131 Pages | PUB084275

**\$24<sup>99</sup>**



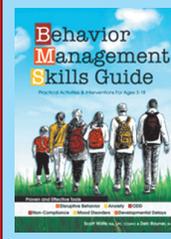
## Oppositional, Defiant & Disruptive Children and Adolescents

Scott Walls, M.A., LIPC, CCMHC

Children and adolescents with ODD, ADHD, anxiety, mood and disruptive disorders provide constant clinical and parenting challenges. This workbook will give you the tools to reduce problematic behaviors and increase positive behaviors.

141 Pages | PUB084010

**\$24<sup>99</sup>**



## Behavior Management Skills Guide

Scott Walls, MA, LIPC, CCMHC; Deb Rauner, M.Ed.

*Behavior Management Skills Guide* is a unique resource that covers the process of changing behavior in children and adolescents — from start to finish. This guide also includes downloadable and ready-to-use assessments, exercises, tools and forms.

138 Pages | PUB083820

**\$24<sup>99</sup>**

# BOOKS

## 101 Trauma-Informed Interventions

Linda Curran, BCPC, LPC, CACD, CCDPD  
This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings.

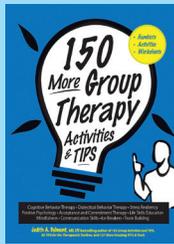
101 Trauma-Informed Interventions

234 Pages | PUB045620

\$29<sup>99</sup>

## 150 More Group Therapy Activities & TIPS

Judith Belmont, MS, NCC, LPC  
150 More Group Therapy Activities & TIPS provides a wealth of psycho-educational ideas. Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills.

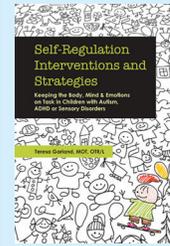


252 Pages | PUB084470

\$34<sup>99</sup>

## Self-Regulation Interventions & Strategies

Teresa Garland, MOT, OTR/L  
Keeping children's bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. This book features more than 200 interventions, strategies and adaptations for helping children gain more control over their lives.



175 Pages | PUB082195

\$26<sup>99</sup>

## Couples Therapy Workbook

Kathleen Mates-Youngman, M.A., LMFT  
The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies, and 10 scripted questions to ask each other — all presented in an easy-to-use mindful style.

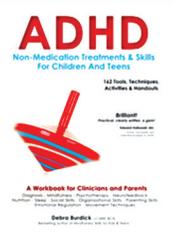
Couples Therapy Workbook

136 Pages | PUB083085

\$24<sup>99</sup>

## ADHD: Non-Medication Treatments and Skills for Children and Teens

Debra Burdick, LCSW, BCN  
The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven, non-medication treatment approaches and skills: mindfulness skills; skills for organizing time, space and activity; ADHD-friendly parenting skills; and more.

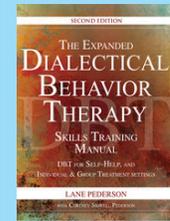


230 Pages | PUB084015

\$29<sup>99</sup>

## The Expanded DBT Skills Training Manual, 2nd edition

Lane Pederson, Psy.D., LP, Courtney Pederson, MSW, LICSW  
This second edition is the most comprehensive and readable DBT manual with more skills than any other DBT book on the market. Beyond updates to the classic skills modules, new modules include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines, plus all-new modules on addictions and social media.



278 Pages | PUB084840

\$34<sup>99</sup>

# CARD DECKS

## Growing Mindful Card Deck

Mitch Abblett, Ph.D., and Christopher Willard, Psy.D.  
Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the *Growing Mindful Card Deck* featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivating kindness & curiosity.



60 Cards | PUB084070

\$16<sup>99</sup>

## Be Mindful Card Deck for Teens

Gina Biegel, M.A., LMFT  
*Be Mindful* cards offer your teen 50 ways to be present in their life as it is actually taking place. Perfect to manage their everyday stressors: school demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.



58 Cards | PUB084260

\$16<sup>99</sup>

## Mindfulness Skills for Kids Card Deck

Debra Burdick, LCSW, BCN  
52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice a mindfulness skill each time they win a hand.



58 Cards | PUB085285

\$16<sup>99</sup>

## The Self-Compassion Deck

Mitch Abblett, Ph.D., Christopher Willard, Psy.D., and Tim Desmond, LMFT  
*The Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindness and gain a deeper appreciation for yourself and your life.



54 Cards | PUB084780

\$16<sup>99</sup>

## Melt Worry and Relax Card Deck

Jennifer Abel, Ph.D.  
Do you worry too much? Feel anxious, stressed, or tired? This card deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.



56 Cards | PUB084385

\$16<sup>99</sup>

## The ACT Deck

Timothy Gordon, MSW, RSW & Jessica Borushok, PHD  
*The ACT Deck* offers 55 practices based on Acceptance and Commitment Therapy for use in therapy, classrooms or at home. These cards ask tough questions, encourage meaningful action and provide new perspectives to help you let go of negative thoughts and live in the present moment.



58 Cards | PUB085185

\$16<sup>99</sup>

## My Calm Place Card Deck

Barbara Neiman, OTR, and Sheila Lewis  
*My Calm Place* card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.

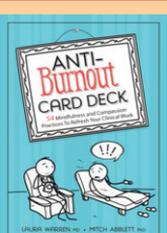


50 Cards | PUB084390

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## Anti-Burnout Card Deck

Laura Warren, M.D.; Mitch Abblett, Ph.D.; Christopher Willard, Psy.D.  
Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction. 54 brief, accessible and empowering practices.

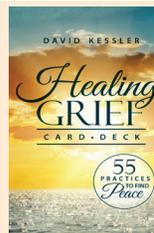


57 Cards | PUB085340

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## Healing Grief Card Deck

David Kessler  
David Kessler, one of the world's foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on your response to loss, understanding grief, and healing - all remembering that grief is evidence of your love.



58 Cards | PUB084295

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