IT'S HARD TO BELIEVE HOW MUCH HAS CHANGED IN THE PRACTICE OF PSYCHOTHERAPY OVER THE PAST COUPLE DECADES.

When I stumbled across acceptance and commitment therapy (ACT) about twenty years ago, there were only a handful of books about how to use mindfulness in psychotherapy, and only one chapter about ACT. The evidence base for ACT consisted of just a couple randomized trials. Today, terms like mindfulness, acceptance, and values are integrated into many different treatments and are accepted aspects of evidence-based practice. The number of randomized trials demonstrating the effectiveness of ACT is nearly 200. ACT has been part of the vanguard of all these changes.

Today, there is no way that any one person could read all the existing books about mindfulness and psychotherapy, and only those who are extremely dedicated could read every book on ACT. New Harbinger publishes more books on ACT than any other publisher, and so most of your best resources for learning ACT are to be found in this extensive catalog. Some ACT books are even going into their second edition, being updated to reflect new findings and refinements of the model that have occurred over the last two decades.

I feel tremendous gratitude to the community of practitioners and scholars that have resulted in this therapy called ACT, and am honored to be able to introduce the New Harbinger catalog. This catalog of resources is a great gateway to learning from the decades of accumulated practical and scientific wisdom of this community.

Best wishes in your learning!

—JASON LUOMA, PHD

JASON LUOMA, PHD, is a leading researcher in the areas of shame, self-stigma, and interventions for those difficulties. He is also cofounder of Portland Psychotherapy Clinic, Research, and Training Center—a unique research and training clinic where proceeds from services go to fund scientific research. He is an internationally recognized trainer in ACT, and coauthor of Learning ACT, which publishes in its second edition in November 2017. He has over thirty publications on shame, stigma, emotion, and ACT, including the first randomized trial of an ACT approach to shame in the Journal of Consulting and Clinical Psychology. He also maintains a clinical practice focused on helping people with chronic shame and self-criticism to develop more self-compassion.
Acceptance & Commitment Therapy for Couples
A Clinician’s Guide to Using Mindfulness, Values & Schema Awareness to Rebuild Relationships

In this breakthrough clinical resource, psychologists Avigail Lev and Matthew McKay identify the ten most common relationship schemas, and provide an ACT-based approach to help couples overcome feelings of dependence, abandonment, and mistrust. You’ll find an outline of maladaptive schema coping behaviors, strategies to help couples identify their values, and skills to help clients break through the cognitive and emotional barriers that stand in the way of values-based action.

AVIGAIL LEV, PSYD, & MATTHEW MCKAY, PHD
FOREWORD BY ROBYN D. WALSER, PHD

Mindfulness & Acceptance for Gender & Sexual Minorities
A Clinician’s Guide to Fostering Compassion, Connection & Equality Using Contextual Strategies

In this edited volume, you’ll discover powerful mindfulness- and acceptance-based interventions drawn from acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), functional analytic psychotherapy (FAP), and relational frame theory (RFT). You’ll also find chapters devoted to important topics like stigma, shame, relationships, and parenting, as well as unique applications of contextual behavioral approaches as they relate specifically to the experiences of gender and sexual minorities.

MATTHEW D. SKINTA, PHD, ABPP, & AISLING CURTIN, MSC
FOREWORD BY JOHN PACHANKIS, PHD
ISBN: 978-1626254282 / US $49.95
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Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living
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KIRK D. STROSAHL, PHD, & PATRICIA J. ROBINSON, PHD
FOREWORD BY STEVEN C. HAYES, PHD

This book is a godsend for anyone struggling with depression. It is incredibly rich in terms of theoretical and scientific scope and depth, yet provides many practical, easy-to-do exercises for readers so they can start changing how they relate to themselves and their lives right away.
—KRISTIN NEFF, PHD, author of Self-Compassion

Learning ACT for Group Treatment
An Acceptance & Commitment Therapy Skills Training Manual for Therapists
With its emphasis on values, mindfulness, and committed action, acceptance and commitment therapy (ACT) can greatly enhance the effectiveness of group treatment by encouraging clients to be fully aware, accountable, and present in the moment. Learning ACT for Group Treatment outlines each of the core ACT processes and provides printable worksheets, tips on group session formatting, and a wide range of exercises that promote willingness, cooperation, and connection among participants. If you’re interested in using ACT in group therapy, this practical resource will guide you every step of the way.
DARRAH WESTRUP, PHD, & M. JOANN WRIGHT, PHD
ISBN: 978-1608823994 / US $49.95

No book has been available to walk clinicians through the myriad choice points, barriers, and opportunities presented by ACT in groups. ... If you’re doing ACT in groups, you now have a much easier job: buy the book, read it, and use it.
—STEVEN C. HAYES, PHD, codeveloper of ACT

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Stuff That Sucks
A Teen’s Guide to Accepting What You Can’t Change & Committing to What You Can

*Stuff That Sucks* offers fun and practical acceptance and commitment therapy (ACT) skills to help teens discover what really matters to them—whether that's being more creative, being a good friend, learning a new sport, or doing anything they love. With this fun guide, teens will learn ways to “make sucky stuff less sucky,” and how taking just a few moments each day to pursue stuff that matters can change their lives for the better.

**BEN SEDLEY**
ISBN: 978-1626258655 / US $12.95

> A fantastic resource for therapists working with adolescents.
> Sedley admirably pulls off the hat trick of making ACT simple, practical, and very entertaining.
> —RUSS HARRIS, author of *The Happiness Trap* and *ACT Made Simple*

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Superhero Therapy
Mindfulness Skills to Help Teens & Young Adults Deal with Anxiety, Depression & Trauma

This fun, unique, and “outside-the-box” self-help guide provides everything teen clients need to begin their very own superhero training using evidence-based ACT skills. Within these colorful pages, clients will team up with a group of troubled heroes—inspired by both fictional characters and real-life people—enlisted at the Superhero Training Academy. By learning to face up to their inner villains and monsters, these characters will inspire clients to overcome their problems as well. When they're finished, clients will have a slew of new tools they can use—like mindfulness, self-compassion, and values—to help conquer whatever life throws their way.

**JANINA SCARLET, PHD**
ILLUSTRATED BY WELLINTON ALVES
ISBN: 978-1684030330 / US $17.95

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Metaphor in Practice
A Professional’s Guide to Using the Science of Language in Psychotherapy

The use of metaphor is central to the implementation of ACT and DBT, and is a powerful tool for all practicing psychotherapists. In this book, you’ll find a scientific analysis of metaphor based on over thirty years of research, as well as trends in research over the last ten years. The book includes an overview of how metaphor has influenced the community of behavior analysis, as well as available clinical research on metaphor use. You’ll also discover how to create metaphors for functional analysis, distance of observation, and things that matter to your client. Most importantly, you’ll find practical examples of metaphors and clinical exercises you can use in session.

**NIKLAS TÖRNEKE, MD**
FOREWORD BY STEVEN C. HAYES, PHD
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A Practitioner’s Guide to Experiential Exercises & Metaphors in Acceptance & Commitment Therapy

Two ACT researchers and practitioners provide a comprehensive overview of the six core ACT processes, as well as tons of new metaphors and experiential exercises to help promote opening up, being present, and taking action. You’ll also find scripts tailored to different client populations, and exercises addressing the unique problems that often arise in therapy sessions.

JILL A. STODDARD, PHD, & NILOOFAR AFARI, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608825295 / US $49.95

A valuable addition to your ACT tool kit.

—RUSS HARRIS, author of Getting Unstuck in ACT

ACT in Practice
Case Conceptualization in Acceptance & Commitment Therapy

This book offers an introduction to ACT, an overview of its impact, and a brief introduction to the six core processes of ACT treatment—the six points of the hexaflex model. It describes how to accomplish ACT case conceptualizations, and also offers possible alternative case conceptualization from different therapeutic traditions—a great help to therapists who come from a more traditional cognitive behavior therapy (CBT) background.

PATRICIA A. BACH, PHD, & DANIEL J. MORAN, PHD, BCBA
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608828210 / US $59.95

Learning ACT
An Acceptance & Commitment Therapy Skills-Training Manual for Therapists

Interested in integrating ACT into your practice? This book is the most complete source for ACT skills training for therapists. Each of the six core processes is explained in detail using examples from real clinical situations. The accompanying DVD lets you watch ACT as it really works in a clinical setting.

JASON B. LUOMA, PHD, STEVEN C. HAYES, PHD, & ROBYN D. WALSER, PHD
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—JOANNE C. DAHL, PHD, Uppsala University, Sweden

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An Easy-To-Read Primer on Acceptance & Commitment Therapy

A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, this book offers clear explanations of the six ACT processes, and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results.

RUSS HARRIS
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572247055 / US $39.95

ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT.

—JASON B. LUOMA, PHD, coauthor of Learning ACT

Advanced Acceptance & Commitment Therapy
The Experienced Practitioner’s Guide to Optimizing Delivery

This book will help you hone your understanding of the core processes of ACT, allowing you to work more efficiently within the treatment’s framework. In addition, the book includes sample client scenarios and practical applications for moving past common barriers that can present during therapy. Most importantly, you’ll learn at what stage in the therapeutic process to deliver specific ACT components, and how to adapt your treatment for each unique client.

DARRAH WESTRUP, PHD
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A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice

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KEVIN L. POLK, PHD, BENJAMIN SCHENDORFF, MA, MSC, MARK WEBSTER & FABIAN O. OLAZ, PSYD
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If you care about ACT, you have to know the Matrix. … This is the best book yet for learning exactly what it is and how to use it.

—STEVEN C. HAYES, PHD, codeveloper of ACT

The ACT Matrix
A New Approach to Building Psychological Flexibility Across Settings & Populations

The ACT Matrix fuses the six core principles of ACT—cognitive defusion, acceptance, contact with the present moment, a flexible sense of self, values, and committed action—into a simplified, easy-to-apply approach that focuses on client actions and behavior. In the book, you’ll learn how to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate.

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Mindfulness helps clients connect with the moment. Similarly, psychodynamic theory emphasizes the importance of present-moment awareness and commitment to one’s values. This book offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness- and acceptance-based approaches, and Buddhist psychology.

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FOREWORD BY STEVEN C. HAYES, PHD
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This book presents a contextual approach to sociocultural diversity in both theory and practice. You’ll learn how to tailor your therapeutic approaches to address a number of cultural factors, including religion and spirituality, social stigma, prejudice, and differences in language. You’ll also find solid data and research that show how innovations in acceptance and mindfulness therapies can be directed for the wellness of all people.

EDITED BY AKIHITO MASUDA, PHD
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Mindfulness & Acceptance in Social Work
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Editor and social worker Matthew S. Boone brings together contributions from emerging voices in social work, along with ACT pioneers Kirk Strosahl, Patricia Robinson, and others. This book focuses not only on mindfulness-based interventions for direct practice, but also on the intersection of mindfulness and social work education, cultural diversity, and macro social work.

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Illuminating the Theory & Practice of Change

This book presents a collection of articles by some of the most respected mindfulness researchers and therapists practicing today. Each contribution assesses the variables that represent potential processes of change, and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians will learn to accurately measure each process in individual clients—an invaluable skill for any practicing therapist.

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Mindfulness helps clients connect with the moment. Similarly, psychodynamic theory emphasizes the importance of present-moment awareness and commitment to one’s values. This book offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness- and acceptance-based approaches, and Buddhist psychology.

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Treating Psychosis offers mental health professionals an integrative approach for treating clients with psychosis by combining evidence-based cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), and mindfulness-based approaches. This clinical guide will help you develop effective, individualized treatments to achieve positive client outcomes.

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Using Acceptance & Commitment Therapy to Bridge Psychological & Spiritual Care

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EDITED BY JASON A. NIEUWSMA, PHD, ROBYN D. WALSER, PHD, & STEVEN C. HAYES, PHD
FOREWORD BY SIANG-YANG TAN, PHD
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KIRK STROSAHL, PHD, PATRICIA ROBINSON, PHD, & THOMAS GUSTAVSSON, MSC
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Helping Clients Discover, Explore & Commit to Valued Action Using Acceptance & Commitment Therapy

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EDITED BY SIMON DYMOND, PHD, BCBA-D, & BRYAN ROCHE, PHD, CPSYCHOL, CSCSI, AFBISS
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NIKLAS TÖRNEKE, MD
FOREWORD BY DERMOT BARNES-HOLMES, PHD
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JOHN T. BLACKLEDGE, PHD

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LOUISE MCHUGH, PHD, & IAN STEWART, PHD
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PAUL E. FLAXMAN, PHD, FRANK W. BOND, PHD, & FREDERIK LIVHEIM, MS
FOREWORD BY STEVEN C. HAYES, PHD
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PATRICIA J. ROBINSON, PHD, DEBRA A. GOULD, MD, MPH, & KIRK D. STROSAHL, PHD
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MATTHEW MCKAY, PHD, PATRICK FANNING & PATRICIA ZURITA ONA, PSYD

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This book presents a universal protocol to help clients cope with anxiety, panic, and fear, regardless of their particular mental health diagnosis. It draws on mindfulness-based therapies such as ACT that are successful in the treatment of anxiety disorders. Includes present-moment awareness (mindfulness) techniques, motivational tools for overcoming experiential avoidance, and cognitive tools for reframing anxiety and fear.

MICHAEL A. TOMPKINS, PHD

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**The Worry Trap**
How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy

This book adapts the ACT approach to the needs of readers struggling with generalized anxiety disorder (GAD) and subclinical worry. Readers learn to “de-fuse” from worries—observing and then letting them go. Then, readers explore and commit to acting on their values, thereby creating rich lives for themselves—even with the occasional worry. An excellent choice for bibliotherapy or between-session homework for clients.

CHAD LEJEUNE, PHD
FOREWORD BY STEVEN C. HAYES, PHD

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**In This Moment**
Five Steps to Transcending Stress Using Mindfulness & Neuroscience

This book offers a breakthrough evidence-based program grounded in mindfulness and neuroscience. Written by cofounder of acceptance and commitment therapy (ACT) Kirk Strosahl and pioneering behavioral health researcher Patricia Robinson, the mindfulness exercises in this book will help clients strengthen the parts of their brain that support vitality and a sense of being fully present in the here and now.

KIRK D. STROSAHL, PHD, & PATRICIA J. ROBINSON, PHD

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KIRK D. STROSAHL, PHD, PATRICIA J. ROBINSON, PHD, & THOMAS GUSTAVSSON, MSC
ISBN: 978-1626253247 / US $49.95

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This book provides an effective ACT approach for treating any anxiety disorder. Readers will learn to remove barriers to change, and foster rapid client progress. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and exercises.

GEORG H. EIFERT, PHD, & JOHN P. FORSYTH, PHD
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—ZINDEL V. SEGAL, PHD, University of Toronto

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A Guide to Life Liberated from Anxiety

Instead of trying to help readers overcome or reduce feelings of anxiety, this book will help them climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in their life to breathe, rest, and live—really and truly live—in a way that matters to them. This book starts a conversation about why we all sometimes feel anxious, and what role that anxiety serves in our lives.

KELLY G. WILSON, PHD, & TROY DUFRENE
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JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD
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—DANIEL J. SIEGEL, MD, author of The Mindful Brain

The Mindfulness & Acceptance Workbook for Social Anxiety & Shyness
Using Acceptance & Commitment Therapy to Free Yourself from Fear & Reclaim Your Life

This workbook offers an ACT approach to overcoming shyness and social anxiety. Using the worksheets and exercises included in this book, clients will build the courage they need to engage in situations that may seem threatening at first, but will ultimately lead to profound personal growth and fulfillment.

JAN E. FLEMING, MD, & NANCY L. KOCOVSKI, PHD
FOREWORD BY ZINDEL V. SEGAL, PHD

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How Mindfulness Can Free You from the Four Psychological Traps That Keep You Stressed, Anxious & Depressed

This workbook offers a groundbreaking approach to help clients break free from the psychological traps that can lead to stress, anxiety, and depression. Inside, mindfulness expert Ruth Baer outlines four common traps that people get stuck in: rumination, avoidance, emotion-driven behavior, and self-criticism, and provides strategies for avoiding these pitfalls.

RUTH BAER, PHD
FOREWORD BY MARK WILLIAMS, PHD
ISBN: 978-1608829033 / US $22.95

“Empowering and compassionate... extraordinarily insightful...”
—LAURIE A. GRECO, PHD, University of Missouri, St. Louis

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

This book offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches readers life-enhancing behavior strategies that work to further the goals they value most. Once present, engaged, and aware, readers begin to build new lives for themselves filled with significance and meaning.

STEVEN C. HAYES, PHD, WITH SPENCER SMITH

“Highly recommended for all of us.”
—DAVID H. BARLOW, PHD, Boston University

ACT on Life Not on Anger
The New Acceptance & Commitment Therapy Guide to Problem Anger

This book offers a new approach to those who have tried to control problem anger before with little success. Instead of trying to eliminate anger, this book helps readers drop the rope in their tug-of-war with anger using ACT. Value-identification exercises help readers decide what matters most to them, and then commit to short- and long-term goals that turn these values into reality. In the process, readers gain the most profound control, accomplished by simply letting go.

GEORG H. EIFERT, PHD, MATTHEW MCKAY, PHD, & JOHN P. FORSYTH, PHD
FOREWORD BY STEVEN C. HAYES, PHD

“Empowering and compassionate... extraordinarily insightful...”
—LAURIE A. GRECO, PHD, University of Missouri, St. Louis

ACT for Depression
A Clinician’s Guide to Using Acceptance & Commitment Therapy in Treating Depression

This book develops the techniques of ACT into a session-by-session approach you can use to treat clients suffering from depression. The research-supported program outlined in the book introduces you to the ACT model on both theoretical and case-conceptual levels, then delves into the specifics of structuring interventions for clients with depression using the ACT method of acceptance and values-based behavior change. The book includes worksheets for client homework as well as clear and illustrative examples.

ROBERT D. ZETTLE, PHD
ISBN: 978-1608821266 / US $49.95

“A well-thought-out, easy-to-understand approach to treating the depressed client using the ACT framework.”
—KIRK STROSAHL, PHD, coauthor of Acceptance and Commitment Therapy

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Acceptance & Commitment Therapy

Acceptance & Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder & Trauma-Related Problems
A Practitioner's Guide to Using Mindfulness & Acceptance Strategies

ACT offers a promising, empirically validated approach to the treatment of PTSD and other trauma-related problems. In this volume, you’ll find a complete theoretical and practical guide to making this revolutionary new model work in your practice. You’ll learn the importance of mindfulness and acceptance in the ACT model, find out how to structure sessions with your clients, and examine the problem of control. The book also includes an online link for downloadable client worksheets and other materials.

ROBYN D. WALSER, PHD, & DARRAH WESTRUP, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608823338 / US $58.95

Finding Life Beyond Trauma
Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems

This workbook offers an ACT-based approach to living a rich and purposeful life after experiencing a traumatic event. By exploring mindfulness techniques, readers will be able to remain present with painful feelings, and stop avoiding the thoughts and situations that bring them up. Instead of focusing on the past, they’ll clarify what they want their lives to be about right now and in the future.

VICTORIA M. FOLLETTE, PHD, & JACQUELINE PISTORELLO, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572244979 / US $25.95

Overcoming Trauma & PTSD
A Workbook Integrating Skills from ACT, DBT & CBT

This book offers proven-effective treatments based in acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and cognitive behavioral therapy (CBT) to help clients overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD).

SHEELA RAJA, PHD
FOREWORD BY SUSAN M. ORSILLO, PHD

Truly an invaluable resource—one that I will use often and recommend highly.

—MATT J. GRAY, PHD, director of clinical training and professor of psychology at the University of Wyoming
The Wisdom to Know the Difference
An Acceptance & Commitment Therapy Workbook for Overcoming Substance Abuse

This workbook unifies the most widely practiced method of substance abuse treatment—the twelve-step program—with an empirically supported, psychotherapeutic model—acceptance and commitment therapy (ACT). Each component of this ACT treatment plan has an explanation rooted in basic behavioral science, and readers will learn how these components fit into the twelve steps in Alcoholics Anonymous and similar programs.

KELLY G. WILSON, PHD, & TROY DUFRENE

Mindfulness-Based Sobriety
A Clinician’s Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance & Commitment Therapy & Motivational Interviewing

This book presents a breakthrough integrative approach to addiction recovery using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. The practical, evidence-based strategies outlined in this book will help you identify your clients’ values, strengthen their motivation, and tackle other mental health problems that may lie at the root of their addiction.

NICK TURNER, MSW, PHIL WELCHES, PHD, & SANDRA CONTI, MS
ISBN: 978-1608828531 / US $49.95

Mindfulness & Acceptance for Addictive Behaviors
Applying Contextual CBT to Substance Abuse & Behavioral Addictions

Each article illuminates the mindfulness- and acceptance-based treatments that work best for particular addictive behaviors, reviews empirical data, and discusses future directions for research and treatment applications. Professionals will learn to apply mindfulness and acceptance to help patients with alcoholism, substance abuse, smoking cessation, gambling addiction, pornography addiction, binge eating, detoxification, self-stigma, and shame.

EDITED BY STEVEN C. HAYES, PHD, & MICHAEL E. LEVIN, MA
ISBN: 978-160882164 / US $69.95

The Mindfulness Workbook for Addiction
A Guide to Coping with the Grief, Stress & Anger that Trigger Addictive Behaviors

Written by two psychologists who work for Veterans Affairs, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

REBECCA E. WILLIAMS, PHD, & JULIE S. KRAFT, MA

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Acceptance & Commitment Therapy for Eating Disorders
A Process-Focused Guide to Treating Anorexia & Bulimia

This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation, and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT—and allow clients to radically change their relationship to food and to their bodies.

**EMILY K. SANDOZ, PHD, KELLY G. WILSON, PHD, & TROY DUFRENE**

ISBN: 978-1572247338 / hardcover / US $59.95

The Anorexia Workbook
How to Accept Yourself, Heal Your Suffering & Reclaim Your Life

This workbook offers logical, step-by-step exercises that lead to a new understanding of anorexia and the problems that can come from trying to control the disorder. Readers learn to use mindfulness to deal with out-of-control thoughts and feelings, identify choices that will lead to better health and quality of life, and redirect their energy into committed action that furthers their values.

**MICHELLE HEFFNER, MA, & GEORG H. EIFERT, PHD**

FOREWORD BY STEVEN C. HAYES, PHD

ISBN: 978-1572243620 / US $25.95

Mindfulness & Acceptance for Treating Eating Disorders & Weight Concerns
Evidence-Based Interventions

This much-needed clinical guide is the first professional resource to incorporate a variety of proven-effective acceptance- and mindfulness-based approaches—such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT)—into the treatment of persistent disordered eating, body image issues, and weight problems. With these evidence-based interventions, you’ll be ready to help your clients move beyond their problems with disordered eating, body dissatisfaction, and weight management once and for all.

**EDITED BY ANN F. HAYNOS, PHD, EVAN M. FORMAN, PHD, MEGHAN L. BUTRYN, PHD, & JASON LILLIS, PHD**

ISBN: 978-1626252691 / US $49.95

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The Mindfulness & Acceptance Workbook for Bulimia
A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy

The approach to moving beyond bulimia in this workbook is different than other treatments. Instead of encouraging bulimia sufferers to avoid or fight against the conflicted feelings they have about food and their bodies, this workbook invites them to welcome and accept their deepest fears, learn to live with them, and put the things that are really important in their lives first.

**EMILY K. SANDOZ, PHD, KELLY G. WILSON, PHD, & TROY DUFRENE**

Includes a CD with worksheets & guided audio meditations


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Living with Your Body & Other Things You Hate
How to Let Go of Your Struggle with Body Image Using Acceptance & Commitment Therapy

Based in proven-effective acceptance and commitment therapy (ACT), this book offers a unique approach to dealing with negative body image. Clients will not be told that their self-perceptions are wrong, that their thoughts are irrational, or that their feelings are misguided. Instead, they will learn powerful strategies to help them accept and move beyond worries over physical imperfections so they can discover their true value.

EMILY SANDOZ, PHD, & TROY DUFRENE
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The Diet Trap
Feed Your Psychological Needs & End the Weight Loss Struggle Using Acceptance & Commitment Therapy

The Diet Trap offers proven-effective methods based in acceptance and commitment therapy (ACT) to help clients develop mindful eating habits, self-compassion, and a deeper understanding of their core values. These evidence-based psychological strategies will help readers move past the emotional triggers that lead to overeating. By making simple changes in lifestyle and thinking, readers can finally reach weight loss goals and live a healthier, more fulfilling life.

JASON LILLIS, PHD, JOANNE DAHL, PHD, & SANDRA M. WEINELAND, PHD
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Acceptance & Commitment Therapy for Body Image Dissatisfaction
A Practitioner’s Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

This book presents a clear plan for showing clients how to clarify their values to help broaden their lives and refocus on what is most meaningful and vital to them. It presents a clear ACT protocol, complete with sample scripts, therapy exercises, case studies, and worksheets for treating body image dissatisfaction. You’ll learn from a wide range of clinical examples of body image dissatisfaction–some of which explore manifestations in medical populations.

ADRIA N. PEARSON, PHD, MICHELLE HEFFNER, PHD, & VICTORIA M. FOLLETTE, PHD
FOREWORD BY STEVEN C. HAYES, PHD
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Acceptance & Commitment Therapy

Acceptance & Mindfulness Treatments for Children & Adolescents
A Practitioner’s Guide

This book shows how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. Edited by two luminaries in the field of third-wave behavior therapy, these essays are invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as ACT, DBT, MBCT, and mindfulness-based stress reduction (MBSR).

EDITED BY LAURIE A. GRECO, PHD, & STEVEN C. HAYES, PHD
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Mode Deactivation Therapy for Aggression & Oppositional Behavior in Adolescents
An Integrative Methodology Using ACT, DBT & CBT

This book combines the most effective aspects of cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and functional analytic psychotherapy (FAP) to meet the specific challenges of therapists working with angry, distrustful, or hostile adolescents. This evidence-based treatment program is effective with the most difficult-to-treat adolescents, especially those who struggle with anxiety, post-traumatic stress disorder (PTSD), and depression. The book also includes assessments and client worksheets.

JACK A. APSCHE, EDD, ABPP, & LUCIA R. DIMEO, PHD
FOREWORD BY ROBERT J. KOHLENBERG, PHD, ABPP
ISBN: 978-1608821075 / US $59.95

ACT for Adolescents
Treating Teens & Adolescents in Individual & Group Therapy

This evidence-based resource provides a practical and flexible ten-week protocol for facilitating acceptance and commitment therapy (ACT) with adolescents in individual therapy, along with modifications for group therapy. The book includes invaluable strategies for connecting with adolescent clients while efficiently identifying and addressing clinical issues. Using the customizable protocol and step-by-step exercises in this book, you’ll be ready to help your adolescent clients overcome a number of mental health challenges and reach their goals.

SHERI L. TURRELL, PHD, & MARY BELL, MSW, RSW
FOREWORD BY KELLY G. WILSON, PHD
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The Thriving Adolescent
Using Acceptance & Commitment Therapy & Positive Psychology to Help Teens Manage Emotions, Achieve Goals & Build Connection

This book offers powerful techniques based in acceptance and commitment therapy (ACT) and positive psychology to help adolescents manage emotions, connect with their values, utilize mindfulness, and develop healthy relationships. The book includes worksheets, exercises, and scripts focused on helping young people develop the tools they need as they transition into adulthood.

LOUISE L. HAYES, PHD, & JOSEPH CIARROCHI, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608828029 / US $59.95

—PATRICIA J. ROBINSON, PHD, international ACT trainer, and coauthor of Inside This Moment and Real Behavior Change in Primary Care
Derived Relational Responding
Applications for Learners with Autism & Other Developmental Disabilities

The techniques in this book are based on derived stimulus relations technology, and provide practitioners with a set of tools for the implementation of educational interventions. These powerful techniques help clients with autism and other developmental disabilities acquire verbal, social, and cognitive skills.

EDITED BY RUTH ANNE REHFELDT, PHD, BCBA, & YVONNE BARNES-HOLMES, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572245365 / hardcover / US $79.95

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Get Out of Your Mind & Into Your Life for Teens
A Guide to Living an Extraordinary Life

Thousands of people have read Get Out of Your Mind and Into Your Life to identify the things that are most important to them, and give focus and direction to their lives. This book brings these essential skills to teen readers, presenting a comprehensive acceptance and commitment therapy (ACT), positive psychology, and emotional intelligence plan for moving past depression, anxiety, unhealthy behaviors, and simple self-doubt. Teens will learn to see their lives in the long term, and gain self-control and emotion regulation skills.

JOSEPH V. CIARROCHI, PHD, LOUISE HAYES, PHD, & ANN BAILEY, MA
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608821938 / US $15.95

For Teens

Parenting Your Anxious Child with Mindfulness & Acceptance
A Powerful New Approach to Overcoming Fear, Panic & Worry Using Acceptance & Commitment Therapy

This book offers a new way to think about anxiety in children, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. Parents are advised to learn these techniques themselves, then pass them on to their child.

CHRISTOPHER MCCURRY, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572245792 / US $17.95

The Shyness & Social Anxiety Workbook for Teens
CBT & ACT Skills to Help You Build Social Confidence

This book offers a complete program for helping teens break free from social anxiety and stop worrying about what others think. This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable. The comic-strip-style illustrations, exercises, and worksheets in this book address all aspects of social anxiety—from missing out on high school dances to going to job interviews.

JENNIFER SHANNON, LMFT
ILLUSTRATIONS BY DOUG SHANNON • FOREWORD BY CHRISTINE A. PADESKY, PHD

The Joy of Parenting
An Acceptance & Commitment Therapy Guide to Effective Parenting in the Early Years

In this guide, two ACT experts provide parents with the tools they need to cope with disruptive and oppositional behavior, acknowledge that they don’t have to be perfect, learn to recognize normal childhood transitions, and alleviate their own anxieties to become more responsive, flexible, effective, and compassionate parents.

LISA W. COYNE, PHD, & AMY R. MURRELL, PHD
FOREWORD BY KELLY WILSON, PHD

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Acceptance & Commitment Therapy

Acceptance & Commitment Therapy for Chronic Pain

A book for professionals that develops ACT processes into a treatment protocol for clients wrestling with chronic pain. Use it with Living Beyond Your Pain by Dahl and Lundgren to develop and support a structured ACT approach to helping sufferers of chronic pain.

JOANNE C. DAHL, KELLY G. WILSON, CARMEN LUCIANO & STEVEN C. HAYES

Living Beyond Your Pain

Using Acceptance & Commitment Therapy to Ease Chronic Pain

A book that breaks with conventional notions of pain management. The ACT approach to chronic pain assumes that pain is a normal part of living. Attempts to avoid it often cause more harm than good. By accepting and learning to live with pain, readers learn to limit the control it exerts over their lives.

JOANNE DAHL, PHD, & TOBIAS LUNDGREN, MS
FOREWORD BY STEVEN C. HAYES, PHD

Leave Your Mind Behind

The Everyday Practice of Finding Stillness Amid Rushing Thoughts

This book offers lighthearted practices drawn from acceptance and commitment therapy (ACT) to teach readers how to observe their thoughts without judging or trying to control them. It explains a key process in the hexaflex model, making it easy to really “get” defusion and learn to live with the confounding and marvelous word-making, story-telling machine that is the human mind.

MATTHEW MCKAY, PHD, & CATHARINE SUTKER

The Smoke-Free Smoke Break

Stop Smoking Now with Mindfulness & Acceptance

First, readers practice mindful smoking to increase their present-moment awareness while using cigarettes. Then, readers work on cutting down nicotine use, incorporating nicotine patches and other quitting devices, if they choose. Finally, readers quit nicotine entirely, while keeping the mindfulness exercises and breaks as part of their daily routine.

PAVEL G. SOMOV, PHD, & MARLA J. SOMOVA, PHD
FOREWORD BY ANDREW TATARSKY, PHD
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Helping Clients Deepen Intimacy & Maintain Healthy Commitments Using Acceptance & Commitment Therapy & Relational Frame Theory

This book focuses on behavioral approaches to language and cognition, and provides practical tips to help clients identify their own expectations regarding relationships. By exploring personal values and expectations, and by addressing central patterns of behaviors, your client can establish and maintain intimacy with his or her partner.

**JOANNE DAHL, PHD, IAN STEWART, PHD, CHRISTOPHER MARTELL, PHD, & JONATHAN S. KAPLAN, PHD**
FOREWORD BY ROBYN D. WALSER, PHD

ISBN: 978-1608823345 / US $58.95

**Acceptance & Commitment Therapy for Interpersonal Problems**
Using Mindfulness, Acceptance & Schema Awareness to Change Interpersonal Behaviors

This book presents an acceptance and commitment therapy (ACT) approach—utilizing a schema-based formulation—to help clients overcome maladaptive interpersonal behavior. By learning to act on their values instead of falling into schema-influenced patterns, clients can eventually overcome the interpersonal problems that hold them back.

**MATTHEW MCKAY, PHD, AVIGAIL LEV, PSYD, & MICHELLE SKEEN, PSYD**
FOREWORD BY STEVEN C. HAYES, PHD


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**ACT with Love**
Stop Struggling, Reconcile Differences & Strengthen Your Relationship with Acceptance & Commitment Therapy

In this book, Russ Harris shows couples how developing psychological flexibility will deepen and strengthen their relationships. Through a simple program based on the revolutionary mindfulness-based acceptance and commitment therapy (ACT), couples can learn to handle painful thoughts and feelings more effectively, let go of conflict, and engage fully in the process of living and loving together.

**RUSS HARRIS**

ISBN: 978-1572246225 / US $17.95

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**The Mindful Couple**
How Acceptance & Mindfulness Can Lead You to the Love You Want

With strategies drawn from ACT, this book offers simple ways to help couples bring greater awareness and values-guided behavior to their relationship. Each chapter explores a key issue, such as passion, fidelity, and the balance between dependence and independence, and includes specific practices readers can do alone or with a partner to help them build vital relationships.

**ROBYN D. WALSER, PHD, & DARRAH WESTRUPT, PHD**

ISBN: 978-1572246171 / US $15.95

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**The Interpersonal Problems Workbook**
ACT to End Painful Relationship Patterns

The skills detailed in this book include present moment awareness, diffusion, and flexibility—all of which will help clients to improve their relationships with others. In this book, clients will learn what their schema is, and how to act on their values to communicate and get along with others.

**MATTHEW MCKAY, PHD, PATRICK FANNING, AVIGAIL LEV, PSYD, & MICHELLE SKEEN, PSYD**

ISBN: 978-1608823864 / US $22.95

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The *ACT in Action* series lets you observe the core processes of acceptance and commitment therapy (ACT) as it is practiced in a clinical setting. These professional training programs—featuring Steven Hayes—will guide you through introducing a client to the ACT approach, and working through the main phases of the therapy. Runtime: approx. 90 minutes (varies by disc)

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Compassionate Mindfulness - Dennis Tirch
A Personal Practice Workshop for Clinicians
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ACT III: Mastering ACT - Robyn Walser
Bridging the Gap between Conceptual Understanding and Practical Application
Denver, CO - July 22 | Berkeley, CA - July 29 | Houston, TX - Oct 28 | (2 days)

ACT for Behavior Analysts - Thomas Szabo & Jonathan Tarbox
Everything You Always Wanted to Know about Private Events but Were Afraid to Ask
Boston, MA - July 15 | Oakland, CA - Aug 12 | Portland, OR - Sept 8 | (1 day)

The Therapeutic Relationship in ACT - Kelly Wilson
Mastering Present and Powerful Client Connections in ACT
Portland, ME - Aug 18 | (2 days)
**Emotion Efficacy Therapy**
A Brief, Exposure-Based Treatment for Emotion Regulation Integrating ACT & DBT

Emotion efficacy therapy (EET) is an evidence-based treatment integrating components from acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT) into an exposure-based protocol. Using an eight-week treatment plan, you’ll help clients learn to accept difficult thoughts and feelings, choose mindful coping skills, and start acting on values.

**Functional Analytic Psychotherapy**
Functional analytic psychotherapy (FAP) focuses on the therapeutic relationship as a primary vehicle for client healing and transformation. You’ll learn how to balance authenticity with strategy and case conceptualization to make your therapeutic relationships more compassionate, flexible, and effective.

**A Transdiagnostic Approach**
The Transdiagnostic Road Map to Case Formulation & Treatment Planning
Practical Guidance for Clinical Decision Making

This breakthrough guide provides a compass for navigating both simple and complex cases to arrive at a more effective, individualized type of treatment planning—one that is tailored to your client’s specific needs. This transdiagnostic approach focuses on the mechanisms that underlie client symptoms, and offers a departure from traditional treatments relying on DSM categorization.

**Compassion-Focused Therapy**
CFT Made Simple
A Clinician’s Guide to Practicing Compassion-Focused Therapy

CFT is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life’s challenges.

**Teach Mindfulness in Any Setting**
A Clinician’s Guide to Teaching Mindfulness
The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers

This introductory six-week protocol is easy to use in a variety of settings, regardless of your theoretical background. Also included are training materials, scripts for weekly meditations, invaluable teaching tips, and additional online resources.

**The Nurture Effect**
How the Science of Human Behavior Can Improve Our Lives & Our World

This book spotlights over forty years of research, and reveals we have the power within our own hands to raise standards of living, improve cognitive development in our children, reduce violence, and prevent crime. By cultivating compassionate, positive, nurturing environments in all aspects of society, you can help lay the framework to create vital change and a better world.
Since Marsha Linehan first published her manual for DBT in 1993, the treatment has evolved to become a tool that can be used in many different circumstances, and with many different populations. As clinicians in the field continually find new ways to apply DBT, New Harbinger is dedicated to supporting those of us in the field—as well as clients and their families—in developing the necessary skills to implement DBT to help improve their lives.

I was consulting with a senior schizophrenia researcher and clinician, and asked him if we could transfer a patient with psychotic illness to his unit. His answer surprised me. “She’s stable on her medications. She’s gotten to know and trust your team. What she needs now are the rehabilitative skills to manage her vulnerability factors, as well as interpersonal skills that will allow her to be able to work. She’s not going to find any better skill set than DBT, nor find a more supportive environment that she trusts, than right here with you!”

The use of DBT for borderline personality disorder (BPD) and the modification to include prolonged exposure (PE) when there is comorbid post-traumatic stress disorder (PTSD) is well established. So, what does a sample of research show about treatment beyond these conditions?

**DBT FOR DEPRESSION**

A study looking at the effectiveness of DBT in patients compared to a waiting-list control group with treatment-resistant depression shortened the original four DBT modules to emphasize mindfulness and acceptance skills. The result was that only the DBT group experienced a reduction in symptoms of depression.

**DBT FOR BIPOLAR DISORDER**

As an adjunct to medication, adolescents receiving DBT attended significantly more therapy sessions over one year than did adolescents receiving treatment as usual (TAU). As compared with adolescents receiving TAU, adolescents receiving DBT demonstrated significantly less severe depressive symptoms over follow-up, and were nearly three times more likely to demonstrate improvement in suicidal ideation. Finally, adolescents receiving DBT, but not those receiving TAU, evidenced improvement—from pre- to post-treatment—in both manic symptoms and emotional dysregulation.

**DBT IN FORENSIC SETTINGS**

Comparing the effects of DBT programs to TAU, forensic populations reported improvements in depression, paranoia, hostile behavior, and interpersonal coping styles amongst those completing the intervention, as well as reduced staff burn-out.

**DBT FOR ADDICTION**

For patients receiving DBT for substance abuse disorders, research shows that they are significantly more likely to remain in treatment, achieve greater reductions in drug abuse, and attend more individual therapy sessions than comparison groups receiving TAU. Research further shows that only DBT patients sustain these gains during long-term follow-up.

**DBT FOR BINGE EATING**

In a study looking at DBT compared to an active control in binge eating disorder, the researchers found a significantly greater reduction in binge frequency and an increase in abstinence in the DBT-based treatment group, and these gains were maintained for a year.

As we move forward, we are seeing effective DBT applications in many places, including in schools, with the elderly, for medical issues, and for developmental disabilities. Because DBT is based on learning theory, it is not diagnosis-specific, and so understanding and using the principles and protocols will be useful for a wide range of clinicians, educators, and clients and their families alike—and New Harbinger will continue to support these needs.

—BLAISE AGUIRRE, MD

**CITATIONS**


Safer, D. I., & Jo, B. (2010). Outcome from a randomised controlled trial of group therapy for binge eating disorder: Comparing dialectical behaviour therapy adapted for binge eating to an active comparison group therapy. *Behavior Therapy, 41*, 106–120.
Dialectical Behavior Therapy

New Books

**Stronger Than BPD**
The Girl’s Guide to Taking Control of Intense Emotions, Drama, and Chaos Using DBT

This book offers simple, proven-effective skills based in dialectical behavior therapy (DBT) to help clients manage the intense emotions and feelings of shame that accompany borderline personality disorder (BPD). The book includes powerful mindfulness exercises to help clients stay grounded, as well as strategies to better deal with stress, balance emotions, and communicate effectively with family and friends. Clients will also find inspiring, real-life stories and examples from a survivor who has put these skills to the test.

**DEBBIE CORSO**

FOREWORD BY GILLIAN GALEN, PSYD


DBT is touted by thousands of clinicians all over the globe. This book raises the bar because it describes survivors’ lived experience—the most important testimonial of all.

—PERRY D. HOFFMAN, PHD, president and cofounder of the National Education Alliance for Borderline Personality Disorder

**Don’t Let Your Emotions Run Your Life for Kids**
A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts & Get Along with Others

*Don’t Let Your Emotions Run Your Life for Kids* offers fun and proven-effective activities to help kids balance emotions, cool down angry outbursts, and get along better with others. Written for children ages 7-12, this workbook includes simple mindfulness practices, as well as tips for understanding and working through difficult feelings. Most importantly, kids will develop their own “skills toolbox” for handling emotions as they arise, no matter where or when.

**JENNIFER J. SOLIN, PSYD, & CHRISTINA L. KRESS, MSW**


An easy-to-understand and effective set of tools to help kids navigate the complexities of emotions they may be struggling with.

—ROBERT HOPPE, PSYD, licensed psychologist

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The Dialectical Behavior Therapy Skills Workbook
Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance

By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. Each of the four skill sets—distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness—is developed into basic and advanced exercises, each presented in a clear and interactive step-by-step format.

MATTHEW MCKAY, PHD, JEFFREY C. WOOD, PSYD, & JEFFREY BRANTLEY, MD

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Dialectical Behavior Therapy in Private Practice
A Practical & Comprehensive Guide

More than just a new behavioral treatment approach, DBT marks a whole new theoretical orientation to the practice of clinical psychology—a rethinking of the causes, descriptions, and treatments of acute mental disorders. This volume offers a detailed explication of DBT in theory and practice, and is designed to teach professionals how to use this method in a private-practice setting to treat a range of disorders. The book also includes a link to downloadable client worksheets and PowerPoint presentations to lead psychoeducational sessions with clients.

THOMAS MARRA, PHD
ISBN: 978-1608829064 / US $57.95

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Dialectical Behavior Therapy

The Mindfulness Solution for Intense Emotions
Take Control of Borderline Personality Disorder with DBT

This book offers new mindfulness skills drawn from dialectical behavior therapy (DBT) to help clients move past out-of-control emotions and live a more balanced life. Each skill will help clients find focus in the present moment, reduce impulsive urges, and increase a sense of connection to themselves. Instead of being swept away by intense feelings and accompanying thoughts and behaviors, clients can take shelter in their own strength using mindfulness.

CEDAR R. KOONS, MSW, LCSW
FOREWORD BY MARSHA M. LINEHAN, PHD, ABPP

Depressed & Anxious
The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety

A workbook for readers struggling with co-occurring depression and anxiety. This step-by-step program develops the four DBT skill sets into a sensible program for regulating out-of-control emotions, minimizing distressing symptoms, and avoiding relapse after recovery.

THOMAS MARRA, PHD

Don’t Let Your Emotions Run Your Life
How Dialectical Behavior Therapy Can Put You in Control

This general DBT-based approach offers readers a simple and effective approach to learning to regulate emotions, engage with and accept distress, practice mindful awareness, and become more effective when relating to others. A genuine “all-purpose” method, this book is appropriate for a whole range of symptoms.

SCOTT E. SPRADLIN, MA

The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder
Using DBT to Regain Control of Your Emotions & Your Life

This workbook offers a new and effective DBT plan for living well with bipolar disorder. The four DBT skills readers learn in this workbook help them manage emotional ups and downs, and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, your clients will soon experience relief from bipolar symptoms.

SHERI VAN DIJK, MSW
FOREWORD BY ZINDEL V. SEGAL, PHD

Calming the Emotional Storm
Using Dialectical Behavior Therapy Skills to Manage Your Emotions & Balance Your Life

This book is a guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy (DBT). This method combines cognitive behavioral techniques with mindfulness practices to change the way readers respond to stressful situations. By practicing these skills, readers can stop needless emotional suffering and develop the inner resilience that will help them weather any emotional storm.

SHERI VAN DIJK, MSW

The Dialectical Behavior Therapy Skills Workbook for Anxiety
Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms

In addition to DBT, this workbook also includes strategies drawn from cognitive behavioral therapy (CBT)—the traditional therapeutic treatment for anxiety—and shows how the two approaches can be used together to defeat anxious thoughts and impulses, and put an end to anxiety-related flashbacks, nightmares, stress, panic attacks, and avoidance.

ALEXANDER L. CHAPMAN, PHD, KIM L. GRATZ, PHD, & MATTHEW T. TULL, PHD

Includes new DBT skills
The Borderline Personality Disorder Survival Guide
Everything You Need to Know About Living with BPD
This book provides a complete overview of borderline personality disorder (BPD), its symptoms and treatment, and ways BPD sufferers can navigate their lives with this complicated condition—all organized as a series of answers to common questions. DBT and its application to BPD figure prominently in the book’s treatment section. Readers learn a range of useful coping skills that can help them manage emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD.

ALEXANDER L. CHAPMAN, PHD, & KIM L. GRATZ, PHD
FOREWORD BY PERRY D. HOFFMAN, PHD

Mindfulness for Borderline Personality Disorder
Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy
BPD can be especially difficult to treat, though there are ways clients can gain control over the symptoms and live a happier, healthier life. Expanding on the core skill of dialectical behavior therapy (DBT), this book will help clients target and successfully manage many of the familiar symptoms of BPD. Inside, readers will learn the basics of mindfulness through specific exercises, and will gain powerful insight through real-life stories from people who have BPD.

BLAISE AGUIRRE, MD, & GILLIAN GALEN, PSYD

Coping with BPD
DBT & CBT Skills to Soothe the Symptoms of Borderline Personality Disorder
This book offers evidence-based solutions for addressing the most common problems people with borderline personality disorder (BPD) face. Clients will learn skills drawn from dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), and mindfulness to help them manage intense feelings, set limits, and address issues like substance abuse and harming themselves or others. They’ll also find tools for dealing with negative self-talk and more.

BLAISE AGUIRRE, MD, & GILLIAN GALEN, PSYD
FOREWORD BY ALEC MILLER, PSYD

Beyond Borderline
True Stories of Recovery from Borderline Personality Disorder
This powerful and deeply personal compilation of stories reveals the firsthand perspectives of people who suffer with borderline personality disorder (BPD), explores the numerous ways in which this disorder has affected their lives, and outlines BPD’s most debilitating and misunderstood symptoms. The book delves into the many ways the disorder can present—as well as the many paths to recovery—using evidence-based tools from dialectical behavior therapy (DBT), mindfulness meditation, mettallization-based therapy (MBT), and more.

JOHN G. GUNDERSON, MD, & PERRY D. HOFFMAN, PHD
FOREWORD BY BRANDON MARSHALL
End Emotional Eating
Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions & Develop a Healthy Relationship to Food

This book offers skills based in dialectical behavior therapy (DBT) for alleviating readers’ reliance on emotional eating. New and emerging research indicates that DBT, while originally developed to treat borderline personality disorder (BPD), can dramatically improve anyone’s ability to handle the out-of-control emotions that are often at the root of this eating pattern. Readers will learn to experience cravings without acting on them, and enjoy food while respecting their bodies and their health.

JENNIFER L. TAITZ, PSYD
FOREWORD BY DEBRA L. SAFER, MD
ISBN: 978-1608821211 / US $17.95

The High-Conflict Couple
A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation

This book adapts the powerful techniques of DBT into skills couples can use to tame out-of-control emotions that flare up in every relationship. Using mindfulness and distress tolerance techniques, readers learn how to de-escalate angry situations before they have a chance to explode into destructive fights.

ALAN E. FRUZZETTI, PHD
FOREWORD BY MARSHA M. LINEHAN, PHD

The Stress Response
How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger & Other Symptoms of Stress

This book offers a dialectical behavior therapy (DBT) program for coping with extreme stress in healthier ways. The four DBT skills can help those prone to overreactions and other negative responses to stress to embrace imperfections, expand their options, and soothe themselves in stressful situations.

CHRISTY MATTA, MA
ISBN: 978-1608821303 / US $17.95

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Dialectical Behavior Therapy for At-Risk Adolescents
A Practitioner’s Guide to Treating Challenging Behavior Problems

This book offers practical handouts and exercises that can be used in individual therapy sessions, skills training groups, school settings, and when working with parents and caregivers. By showing adolescents how to manage their emotions and deal with the stresses that are common in day-to-day life, you can help give teen clients the tools they need to succeed and thrive.

PAT HARVEY, ACSW, LCSW-C, & BRITT H. RATHBONE, ACSW, LCSW-C
ISBN: 978-1608827985 / US $49.95

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

Written by a parenting authority and an expert in teen mental health, this book offers evidence-based skills for dealing with challenging emotions and behaviors using proven-effective dialectical behavior therapy (DBT). Clients will find ways to better understand their teen, along with key parenting strategies, including how to respond to problem behaviors and care for themselves and the rest of the family.

PAT HARVEY, ACSW, LCSW-C, & BRITT H. RATHBONE, MSSW, LCSW-C

For Teens

The Bipolar Workbook for Teens
DBT Skills to Help You Control Mood Swings
SHERI VAN DIJK, MSW, & KARMA GUİNDON, MSW

Don’t Let Your Emotions Run Your Life for Teens
Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts & Get Along with Others
SHERI VAN DIJK, MSW

Surviving the Emotional Roller Coaster
DBT Skills to Help Teens Manage Emotions
SHERI VAN DIJK, MSW

The PTSD Workbook for Teens
Simple, Effective Skills for Healing Trauma
LIBBI PALMER, PSYD

Mindfulness for Teen Anger
A Workbook to Overcome Anger & Aggression Using MBSR & DBT Skills
MARK C. PURCELL, MED, PSYD, & JASON R. MURPHY, MA

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*Avigail Lev, PhD, Matthew McKay, PhD*


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*Kirk D. Strosahl, PhD [Patricia J. Robinson, PhD [Edward E. Strosahl, PhD]*


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- Cultivate self-compassion
- Focus on the positive

*Debbie Corso*