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## Acceptance of Mental Illness Promoting Recovery Among Culturally Diverse Groups

Lauren Mizock and Zlatka Russinova

Print Publication Year: 2016 Published Online: Sep 2016 Publisher: Oxford University Press  
ISBN: 9780190204273 eISBN: 9780190606176 DOI: 10.1093/med:psych/9780190204273.001.0001  
Item type: book

The book covers a topic that is often overlooked in the literature: How people with serious mental illnesses (i.e., schizophrenia, bipolar disorder, severe depression) come to recognize and deal with the symptoms of a mental illness in order to promote recovery. Per the recovery movement in mental health, recovery is understood as not simply symptom elimination, but the process of living a meaningful and satisfying life in the face of mental illness. *Acceptance of Mental Illness* draws from research to provide educators, clinicians, researchers, and consumers with an understanding of the multidimensional process of acceptance of mental illness in order to support people across culturally diverse groups to experience empowerment, mental wellness, and growth. Chapters focus on providing a historical overview of the treatment of people with mental illness, examining the acceptance process, and exploring the experience of acceptance among women, men, racial-ethnic minorities, and LGBT individuals with serious mental illnesses. The book is a useful tool for mental health educators and providers, with each chapter containing case studies, clinical strategies lists, discussion questions, experiential activities, diagrams, and worksheets that can be completed with clients, students, and peers.

## Adaptive Mentalization-Based Integrative Treatment A Guide for Teams to Develop Systems of Care

Dickon Bevington, Peter Fuggle, Liz Cracknell, and Peter Fonagy

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This book is for youth workers, social workers, mental health staff, specialist teachers, family support workers, and so on, whose clients present with comorbidity, risk, and difficulty accessing mainstream services. It describes inevitably stressful, unsettling work, providing effective help in complex helping systems. An innovative response emerges, building on adaptive (evidence-based) mentalization-based theory and practice. Uniquely, AMBIT applies mentalizing not only directly, in work with clients, but also in work: (a) with the team, (b) with wider (often “dis-integrated”) networks, and (c) creating cultures of

learning and radical transparency. AMBIT is as much an improvement system for teams as a “therapy”—strengthening team identity and coherence, and supporting a wider community of practice. Linking evidence-based practice to practice-based evidence, the book concludes with impact descriptions from some of the nearly 200 AMBIT-trained teams, a client’s perspective, and a challenging analysis of systems of care pointing toward the need to create more mentalizing systems.

## Animal Maltreatment Forensic Mental Health Issues and Evaluations

Lacey Levitt, Gary Patronek, and Thomas Grisso (eds)

Print Publication Year: 2015 Published Online: Dec 2015 Publisher: Oxford University Press  
ISBN: 9780199360901 eISBN: 9780190275679 DOI: 10.1093/med:psych/9780199360901.001.0001  
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This edited volume is the first book to provide an overview of animal maltreatment as a legal, clinical, and forensic mental health issue. It offers guidance for mental health professionals and lawyers in cases involving the adjudication of animal maltreatment offenses, with a special focus on forensic mental health assessments in such cases. Animal maltreatment includes physical or sexual abuse, neglect, or hoarding of animals. Almost one-half of all U.S. states have statutory provisions mandating or allowing courts to order forensic mental health assessments of individuals convicted of animal maltreatment offenses. However, there are few resources on this topic for mental health and legal professionals, and none that offer guidance for evaluations in animal maltreatment cases. This book introduces what the authors believe will become the newest subfield of forensic mental health assessment, Forensic Animal Maltreatment Evaluations (FAME). It begins with an examination of the legal and social contexts for the problem, followed by a review of clinical knowledge within the area. Subsequent chapters offer perspectives for social and clinical responses in animal maltreatment cases. Finally, several chapters describe prospects for an area of forensic mental health assessment focused specifically on the forensic evaluation in cases of animal maltreatment.

## Anxiety Disorders in Adults An Evidence-Based Approach to Psychological Treatment

Peter D. McLean and Sheila R. Woody

Print Publication Year: 2001 Published Online: Aug 2015 Publisher: Oxford University Press  
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In this title, the authors review psychosocial treatments for anxiety disorders, focusing on the scientific basis and demonstrated outcomes of the treatments. Cognitive-behavioral therapies are highlighted, as they have been the most frequently investigated approaches to treating anxiety disorders. Individual chapters feature specific phobias: social phobia, panic disorder, and generalized anxiety disorder. The book is rich in clinical material and integrates science and clinical practice in an effort to help practitioners to improve the effectiveness of their work with anxious clients. Recently developed psychosocial

treatments for anxiety disorders reflect the systematic influence of scientifically generated knowledge, and these new treatments yield strong results. Research in such areas as information processing, cognition, behavioral avoidance, and the physiological components of anxious arousal has increased our knowledge of mediators that cause and maintain anxiety disorders.

## Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

David H. Barlow and Todd Farchione (eds)

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In recent years, there has been a movement away from traditional disorder-specific manuals for the treatment of psychological disorders and toward treatment approaches that focus on addressing psychological processes that appear to cut across disorders. These “transdiagnostic” evidence-based treatments may prove to be more cost-efficient and have the potential to increase availability of evidence-based treatments to meet a significant public-health need. Among clinicians, the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP), developed by Dr. David Barlow and colleagues, is the most recognizable and widely used transdiagnostic treatment protocol with empirical support for its use. This book provides clinicians with a “how to” guide for using the UP to treat a broad range of commonly encountered psychological disorders in adults. Each chapter covers a specific emotional disorder but important transdiagnostic processes are highlighted and discussed in relation to treatment. Case studies are employed throughout to illustrate the real-world application of this unique cognitive behavioral protocol and to instruct clinicians in the nuts and bolts of assessment, case formulation, and treatment in accordance with a transdiagnostic perspective. Most of the chapters are authored by current or former unified protocol team members who are all thoroughly familiar with the UP and will be writing about cases they themselves have treated.

## Assessment and Intervention with Children and Adolescents Who Misuse Fire Practitioner Guide

David J. Kolko and Eric M. Vernberg

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Children and adolescents in the general population and in clinical populations reveal surprisingly high rates of playing with fire or actual firesetting behavior. A single fire has the potential to cause a cascade of serious consequences to the child, family, and the community, some of which may continue forever. Yet, there is limited practical information and advice based on available empirical evidence to help programs or practitioners work effectively with children or adolescents who misuse fire, and their families. This book

provides practical guidelines designed to facilitate the clinical assessment and treatment of youthful firesetting behavior based on nearly four decades of research and intervention experience with this population. The topics covered in this book address several important content areas. Initial chapters provide an overview of the significance of the problem, and some lessons learned based on case control, clinical trial, and real-world implementation projects. Recommendations for using screening and assessment measures that evaluate firesetting and general psychosocial issues are included. Several intervention methods are outlined for use with children, caregivers, and families. These methods encompass fire safety education materials and several cognitive-behavioral treatment skills-training procedures that focus on understanding of the fire, affect regulation and self-control, parenting practices, and home-based management programs. The book also includes suggestions to promote professional and program development which reflect on various educational, ethical, legal, collaborative, and community safety considerations. The book's content is intended to help a diverse array of practitioners understand and target the context in which the misuse of fire occurs.

## Autism as an Executive Disorder

James Russell (ed.)

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Autism continues to fascinate researchers because it is both debilitating in its effects and complex in its nature and origins. The prevalent theory is that autism is primarily characterised by difficulties in understanding mental concepts, but the contributors to this resource present new and compelling arguments for an alternative theory. Their research points strongly to the idea that autism is primarily a disorder of executive functions, those involved in the control of action and thought. As such, this online title provides a new and controversial perspective on this important question.

## Becoming Board Certified by the American Board of Professional Psychology

Christine Maguth Nezu, A.J Finch, Jr., and Norma P. Simon (eds)

Print Publication Year: 2009 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780195372434 eISBN: 9780190261504 DOI: 10.1093/med:psych/9780195372434.001.0001  
Item type: book

This title provides a comprehensive description and hands-on, practical guide for individuals seeking certification from any one of the 13 specialty boards of the American Board of Professional Psychology (ABPP). It contains answers to frequent areas of inquiry and questions posed by potential candidates. In addition to providing a brief description of the history and mission of ABPP, the book offers step-by-step information concerning the "where, what, and how" of the board certification process. Finally, never-before offered information is provided, such as what pitfalls to avoid, and how to get further involved in the profession as a board certified psychologist.

## Best Practices for Teaching Beginnings and Endings in the Psychology Major Research, Cases, and Recommendations

Dana S. Dunn, Bernard B. Beins, Maureen A. McCarthy, and G. William Hill, IV (eds)

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ISBN: 9780195378214 eISBN: 9780190242015 DOI: 10.1093/med:psych/9780195378214.001.0001  
Item type: book

In this collection of articles, psychology instructors involved in the improvement of teaching and learning review the research and share their own successes and challenges in the classroom. Discussions include effective practices for helping students become acclimated to and engaged in the psychology major, application of developmental knowledge and learning communities to course design, and use of quality benchmarks to improve introductory and capstone courses. Other chapters describe innovations in the design of stand-alone courses and offer concrete advice on counseling psychology graduates about how to use what they have learned beyond their higher education experiences. Introductory and capstone experiences in the undergraduate psychology program are crucial ways to engage students in their major and psychology department, impart realistic expectations, and prepare them for life beyond college. Providing the right orientation and capstone courses in psychology education is increasingly a concern of instructors, department chairs, program directors, and deans, and both types of courses have become important sources for gathering pre- and post-coursework assessment data for degree learning outcomes.

## Beyond Coping Meeting Goals, Visions, and Challenges

Erica Frydenberg (ed.)

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There are many challenges to be faced in contemporary society including the stresses of everyday living in the technological age and changes in patterns of employment and family life. Depression is being experienced in 'epidemic' proportions in many Western communities, and in particular amongst young people. The search for effective ways to reverse this trend has resulted in a significant shift in psychological approach from a focus on helplessness and pathology to a more positive orientation that emphasises health and well-being. This volume brings together leading researchers in the field of stress and coping to consider ways in which coping research contributes to our understanding of how people in different sectors of life meet goals and challenges. It provides a synthesis of different but compatible theoretical models that have been developed in the field of stress and coping and provides a way forward beyond the traditional stress and coping paradigms. The emergent model is able to be used to assess a wide range of issues in the stress and coping domain.