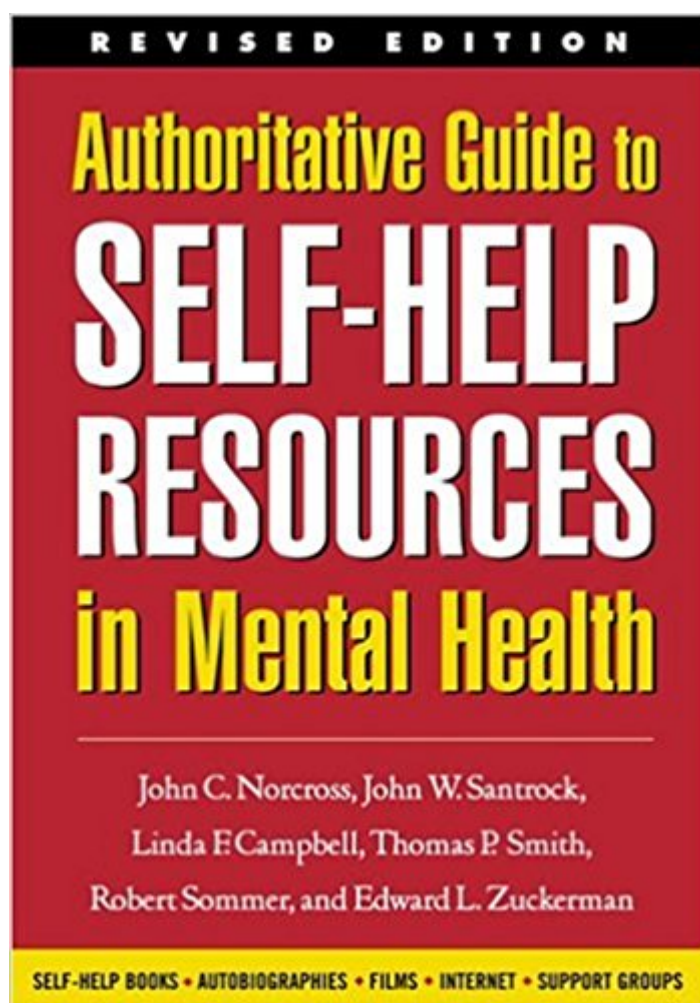


The book was found

Authoritative Guide To Self-Help Resources In Mental Health, Revised Edition (The Clinician's Toolbox)



Synopsis

Keeping pace with the ever-changing world of self-help, the revised and expanded edition of this indispensable reference helps consumers and professionals distinguish high-quality self-help resources from those that are misleading, inaccurate, or even harmful. The number of resources reviewed has increased by more than 60%, to over 1,000 self-help books, autobiographies, and popular films. Ratings now embody the collective wisdom of more than 3,000 mental health professionals. Supplementing their eight national studies, the authors also describe and evaluate hundreds of Internet sites and provide valuable listings of self-help and support groups. The volume is organized around 36 frequently encountered clinical problems and life challenges, with entirely new chapters covering posttraumatic stress disorder, obsessive-compulsive disorder, youth violence, borderline personality disorder, bipolar disorder, and suicide. The concluding chapter delineates 11 key strategies for selecting an effective self-help resource. Winner--American Journal of Nursing Book of the Year Award

Book Information

Series: The Clinician's Toolbox

Paperback: 468 pages

Publisher: The Guilford Press; Revised edition (May 22, 2003)

Language: English

ISBN-10: 1572308397

ISBN-13: 978-1572308398

Product Dimensions: 9.8 x 7 x 1.1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,143,319 in Books (See Top 100 in Books) #106 in Books > Textbooks >

Reference > Bibliographies & Indexes #233 in Books > Reference > Writing, Research &

Publishing Guides > Publishing & Books > Bibliographies & Indexes > Science #417 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric

Customer Reviews

John C. Norcross, PhD, is professor and former chair of psychology at the University of Scranton and a clinical psychologist in part-time independent practice. John W. Santrock, PhD, is professor and former chair of psychology at the University of Texas at Dallas. Linda F. Campbell, PhD, is associate professor and director of the training clinic in the Department of Counseling and Human

Development at the University of Georgia. Thomas P. Smith, PsyD, is a clinical psychologist in the Counseling Center at the University of Scranton and in independent part-time practice. Robert Sommer, PhD, is professor and former chair of psychology at the University of California, Davis. Edward L. Zuckerman, PhD, a clinical psychologist and independent practitioner, is a consultant to the Social Security Disability Determination Division.

Chapter 1. Introduction to Self-Help in Mental Health
Chapter 2. Abuse
Chapter 3. Addictive Disorders
Chapter 4. Adult Development
Chapter 5. Aging
Chapter 6. Anger
Chapter 7. Anxiety Disorders
Chapter 8. Assertiveness
Chapter 9. Attention-Deficit/Hyperactivity Disorder
Chapter 10. Bipolar Disorder (Manic-Depression)
Chapter 11. Borderline and Narcissistic Personality Disorders
Chapter 12. Career Development
Chapter 13. Child Development and Parenting
Chapter 14. Communication and People Skills
Chapter 15. Death and Grieving
Chapter 16. Dementia/Alzheimer's
Chapter 17. Depression
Chapter 18. Divorce
Chapter 19. Eating Disorders
Chapter 20. Families and Stepfamilies
Chapter 21. Infant Development and Parenting
Chapter 22. Love and Intimacy
Chapter 23. Marriage
Chapter 24. Men's Issues
Chapter 25. Obsessive-Compulsive Disorder
Chapter 26. Posttraumatic Stress Disorder
Chapter 27. Pregnancy
Chapter 28. Schizophrenia
Chapter 29. Self-Management and Self-Enhancement
Chapter 30. Sexuality
Chapter 31. Spiritual and Existential Concerns
Chapter 32. Stress Management and Relaxation
Chapter 33. Suicide
Chapter 34. Teenagers and Parenting
Chapter 35. Weight Management
Chapter 36. Women's Issues
Chapter 37. Violent Youth
Chapter 38. Strategies for Selecting Self-Help Resources
Appendix A. The Eight National Studies
Appendix B. Ratings of Self-Help Books in the National Studies
Appendix C. Ratings of Autobiographies in the National Studies
Appendix D. Ratings of Films in the National Studies
References
Author and Title
Index
Subject Index

I trust that these resources are good. But, I can't tell because I would have to do almost as much work as the author has done to find if the books are actually worthwhile. The book is essentially a listing of recommended books and not recommended books for coping with different psychological issues, circumstances and diseases. I'm surprised that this isn't a website. I can foresee this book becoming outdated over time. They have review sites for reviews of movies, games, and tv shows, why not self-help books.

great product and excellent service

I love it. Highly recommended. I hope you all get it, it's awesome, and we all should have it at home.

[Download to continue reading...](#)

Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition (The Clinician's Toolbox) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Clinician's Thesaurus, 6th Edition: The Guide to Conducting Interviews and Writing Psychological Reports (Clinician's Toolbox) The Paper Office, Fourth Edition: Forms, Guidelines, and Resources to Make Your Practice Work Ethically, Legally, and Profitably (The Clinician's Toolbox) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Wheelchair Evaluation: A Clinician's Guide: A Clinician's Guide The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, and Straight Talk to Help You Provide Compassionate Care The Hollywood Standard: The Complete and Authoritative Guide to Script Format and Style (Hollywood Standard: The Complete & Authoritative Guide to) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Neuroscience for the Mental Health Clinician, Second Edition Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Self Directed IRA Handbook: An Authoritative Guide For Self Directed Retirement Plan Investors and Their Advisors ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Texas Mental Health Law: A Sourcebook for Mental Health Professionals Psychiatric Mental Health Nursing, 5e (Psychiatric Mental Health Nursing (Fortinash)) Handbook of Forensic Mental Health Services (International Perspectives on Forensic Mental Health) Psychiatric Mental Health Nursing (Frisch, Psychiatric Mental Health Nursing)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help