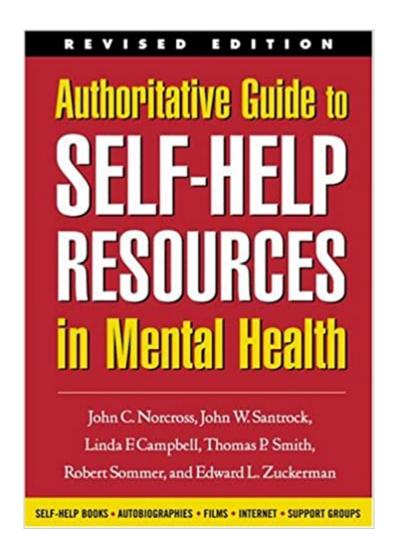


## The book was found

# 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 inà Books > Textbooks > Reference > Bibliographies & Indexes #233 inà Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Science #417 inà Â 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 HealthChapter 2. AbuseChapter 3. Addictive DisordersChapter 4. Adult DevelopmentChapter 5. AgingChapter 6. AngerChapter 7. Anxiety DisordersChapter 8. AssertivenessChapter 9. Attention-Deficit/Hyperactivity DisorderChapter 10. Bipolar Disorder (Manicà ¿Depression)Chapter 11. Borderline and Narcissistic Personality DisordersChapter 12. Career DevelopmentChapter 13. Child Development and ParentingChapter 14. Communication and People SkillsChapter 15. Death and GrievingChapter 16. Dementia/Alzheimerà ¿sChapter 17. DepressionChapter 18. DivorceChapter 19. Eating DisordersChapter 20. Families and StepfamiliesChapter 21. Infant Development and ParentingChapter 22. Love and IntimacyChapter 23. MarriageChapter 24. Menà ¿s IssuesChapter 25. Obsessiveà ¿Compulsive DisorderChapter 26. Posttraumatic Stress DisorderChapter 27. PregnancyChapter 28. SchizophreniaChapter 29. Self-Management and Self-EnhancementChapter 30. SexualityChapter 31. Spiritual and Existential ConcernsChapter 32. Stress Management and RelaxationChapter 33. SuicideChapter 34. Teenagers and ParentingChapter 35. Weight ManagementChapter 36. Womenà ¿s IssuesChapter 37. Violent YouthChapter 38. Strategies for Selecting Self-Help ResourcesAppendix A. The Eight National StudiesAppendix B. Ratings of Self-Help Books in the National StudiesAppendix C. Ratings of Autobiographies in the National StudiesAppendix D. Ratings of Films in the National StudiesReferencesAuthor and Title IndexSubject 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 outdating 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