

# Earn 5 CE credits for reading volumes of the *Advances in Psychotherapy* book series

“Clinical and counseling psychologists appreciate the importance of ensuring that the treatments they provide are grounded in empirical research, but they often have trouble keeping up with the latest research findings. *Advances in Psychotherapy – Evidence-Based Practice* is a book series developed by The Society of Clinical Psychology (APA Division 12) to address this problem. The Society is delighted to be working with the National Register and Hogrefe to make books in the series available to Division 12 and National Register members at a substantial discount along with the potential for earning continuing education credits. Reading these books will inform your practice and expand your skills.”



Danny Wedding, PhD, MPH  
Past President, Society of Clinical Psychology  
*Advances in Psychotherapy* Series Editor



Morgan T. Sammons, PhD, ABPP  
Executive Officer, National Register  
Fellow, Society of Clinical Psychology

## How does it work?

Psychologists and other healthcare providers may earn five continuing education credits for reading the books in the *Advances in Psychotherapy* series and taking a multiple choice exam. This continuing education program is a partnership of Hogrefe Publishing and the National Register of Health Service Psychologists.

The National Register of Health Service Psychologists is approved by the American Psychological Association to sponsor continuing education for psychologists. The National Register maintains responsibility for this program and its content.

Readers who are not members of National Register can purchase each exam for US \$25.00 or access to the entire series of exams for US \$200.00. National Register members can take the exams free of charge.

Exams are available for 30 topics / books, with new titles being continually added.

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# Advances in Psychotherapy

## Evidence-Based Practice

Book series developed and edited with the support of the Society of Clinical Psychology (APA Division 12)

The series provides practical evidence-based guidance on the diagnosis and treatment of the most common disorders seen in clinical practice – and does so in a uniquely reader-friendly manner. A new strand is dealing with methods and approaches rather than specific disorders. Each book is both a compact how-to reference for use by professional clinicians in their daily work, as well as an ideal educational resource for students and for practice-oriented continuing education.

43 volumes plus 4 new editions have been published to date. The first volume in a new strand dealing with methods and approaches started with the release of *Mindfulness*.

- **Practice-oriented:** The main emphasis is on information that therapists and practitioners can use in their daily practice.
- **Easy-to-read:** The most important information is summarized in tables, illustrations, or displayed boxes, and marginal notes.
- **Compact:** Each volume consists of 80-100 pages.
- **Expert authors:** We recruit genuine authorities to write for the series; many of our authors are leaders in the Society of Clinical Psychology (APA Div. 12).
- **Regular publication:** We aim to publish 4 volumes each year.
- **Reasonably priced:** The list price is under \$30 per volume. Discounts are available.

## About the editors



Danny Wedding,  
PhD, MPH



Larry E. Beutler,  
PhD



Kenneth E. Freedland,  
PhD



Linda Carter Sobell,  
PhD, ABPP



David A. Wolfe,  
PhD

## Content and structure

### 1 Description

- 1.1 Terminology
- 1.2 Definition
- 1.3 Epidemiology
- 1.4 Course and Prognosis
- 1.5 Differential Diagnosis
- 1.6 Comorbidities
- 1.7 Diagnostic Procedures and Documentation

### 2 Theories and Models of the Disorder

### 3 Diagnosis and Treatment Indications

### 4 Treatment

- 4.1 Methods of Treatment
- 4.2 Mechanisms of Action
- 4.3 Efficacy and Prognosis
- 4.4 Variations and Combinations of Methods
- 4.5 Problems in Carrying out the Treatment
- 4.6 Multicultural Issues

### 5 Case Vignette; Further Reading; References

### 6 Appendix: Tools and Resources

## Order and price information

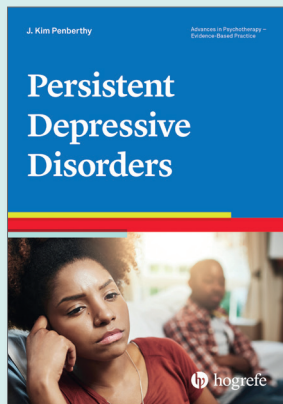
The volumes may be purchased individually or by Series Standing Order (minimum of 4 successive volumes). The advantages of ordering by Series Standing Order: You will receive each volume automatically as soon as it is released, and only pay the special Series Standing Order price of US \$24.80 – saving US \$5.00 compared to the single-volume price of US \$29.80.

### Special prices for members of APA Division 12:

APA D12 members save US \$5 on purchase of single volumes, paying only US \$24.80 instead of US \$29.80, and only pay US \$19.80 per volume by Series Standing Order – saving US \$10 per book!

In order to obtain the membership discount you must first register at [www.hogrefe.com](http://www.hogrefe.com) and sign up for the discount.

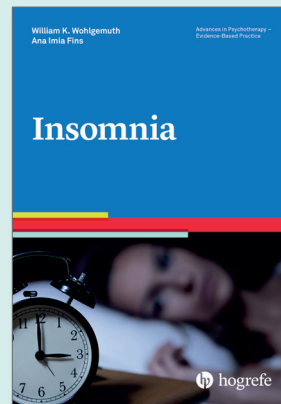
# New titles available in the series



J. Kim Penberthy  
**Persistent  
Depressive Disorders**

Vol. 43, 2019, vi + 106 pp.  
ISBN 978-0-88937-505-5  
Also available as eBook

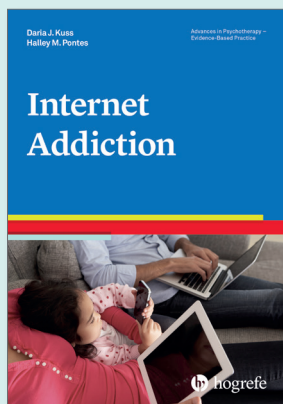
Expert, evidence-based guidance on persistent depressive disorder (PDD) for busy practitioners who need to know how to assess, diagnose, and treat this difficult to identify and potentially life-threatening disorder. The therapies that have the strongest evidence base are outlined, and in particular the cognitive behavioral analysis system of psychotherapy (CBASP), a treatment specifically developed for PDD. Printable tools in the appendices can be used in daily practice.



William K. Wohlge-muth/  
Ana Imia Fins  
**Insomnia**

Vol. 42, 2019, viii + 94 pp.  
ISBN 978-0-88937-415-7  
Also available as eBook

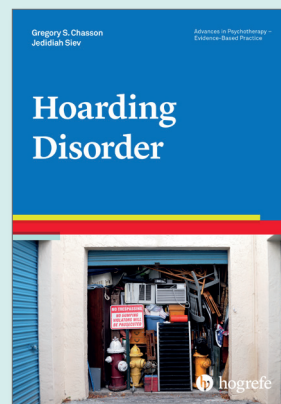
This concise reference written by leading experts for busy clinicians provides practical and up-to-date advice on current approaches to diagnosis and treatment of insomnia. Professionals and students learn to correctly identify and diagnose insomnia and gain hands-on information on how to carry out treatment with the best evidence base: cognitive behavioral therapy for insomnia (CBT-I). Copyable appendices provide useful resources for clinical practice.



Daria J. Kuss/Halley M. Pontes  
**Internet  
Addiction**

Vol. 41, 2019, iv + 86 pp.  
ISBN 978-0-88937-501-7  
Also available as eBook

Internet use is an integral part of our daily lives, but at what point does it become problematic? What are the different kinds of internet addiction? And how can professionals best help clients? This accessible, evidence-based book by leading experts answers these questions by outlining the current assessment and treatment methods for internet addiction. Includes a 12–15 session treatment plan using the method and setting with the best evidence: group CBT, and printable tools for assessment and treatment.



Gregory S. Chasson/  
Jedidiah Siev  
**Hoarding  
Disorder**

Vol. 40, 2019, viii + 76 pp.  
ISBN 978-0-88937-407-2  
Also available as eBook

Hoarding disorder presents particular challenges in therapeutic work, including poor treatment adoption. This evidence-based guide written by leading experts presents the busy practitioner with the latest knowledge on assessment and treatment of hoarding disorder. The reader gains a thorough grounding in the treatment of choice for hoarding – a specific form of CBT interweaved psychosocial approaches to ensure successful treatment. Printable tools help practitioners carry out therapy.

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# Volumes available for CE credits

## Children & Adolescents

- **Childhood Maltreatment, 2nd ed.** by C. Wekerle/D. A. Wolfe / J. A. Cohen/D. S. Bromberg/L. Murray (2019)
- **Childhood Obesity** by D. E. Wilfley/J. R. Best/J. Cahill Holland / D. J. Van Buren (2019)
- **ADHD in Children and Adolescents** by B. P. Daly/A. K. Hildenbrand / R. T. Brown (2016)

## Anxiety and Related Disorders

- **Hoarding Disorder** by G. S. Chasson/J. Siev (2019)
- **Obsessive-Compulsive Disorder in Adults** by J. S. Abramowitz / R. J. Jacoby (2014)
- **Generalized Anxiety Disorder** by C. D. Marker/A. Aylward (2011)
- **Social Anxiety Disorder** by M. M. Antony/K. Rowa (2008)

## Behavioral Medicine and Related Areas

- **Insomnia** by W. K. Wohlgenuth/A. Imia Fins (2019)
- **Alzheimer's Disease and Dementia** by B. T. Mast/B. P. Yochim (2018)
- **Multiple Sclerosis** by P. B. Werfel/R. E. Franco Durán/L. J. Trettin (2016)
- **Headache** by T. A. Smitherman/D. B. Penzien/J. C. Rains / R. A. Nicholson/T. T. Houle (2014)
- **Chronic Pain** by B. J. Field/R. A. Swam (2008)
- **Treating Victims of Mass Disaster and Terrorism** by J. Housley / L. E. Beutler (2006)

## Methods and Approaches

- **Mindfulness** by K. Witkiewitz/C. R. Roos/D. Dharmakaya Colgan / S. Bowen (2017)

## Addictions and Related Disorders

- **Internet Addiction** by D. J. Kuss/H. M. Pontes (2019)
- **Substance Use Problems, 2nd ed.** by M. Earleywine (2016)
- **Women and Drinking: Preventing Alcohol-Exposed Pregnancies** by M. M. Velasquez/K. Ingersoll/M. B. Sobell/L. Carter Sobell (2015)
- **Binge Drinking and Alcohol Misuse Among College Students and Young Adults** by R. P. Winograd/K. J. Sher (2015)
- **Nicotine and Tobacco Dependence** by A. L. Peterson / M. W. Vander Weg/C. R. Jaén (2011)
- **Alcohol Use Disorders** by S. A. Maisto/G. J. Connors/R. L. Dearing (2007)
- **Problem and Pathological Gambling** by J. P. Whelan/T. A. Steenbergh / A. W. Meyers (2007)

## Sexual Disorders

- **Sexual Dysfunction in Women** by M. Meana (2012)
- **Sexual Dysfunction in Men** by D. Rowland (2012)
- **Sexual Violence** by W. R. Holcomb (2010)

## Other Serious Mental Illnesses

- **Persistent Depressive Disorder** by J. K. Penberthy (2019)
- **The Schizophrenia Spectrum, 2nd ed.** by W. D. Spaulding / S. M. Silverstein/A. A. Menditto (2017)
- **Bipolar Disorder, 2nd ed.** by R. P. Reiser/L. W. Thompson / S. L. Johnson/T. Suppes (2017)
- **ADHD in Adults** by B. P. Daly/E. Nicholls/R.T. Brown (2016)
- **Depression** by L. P. Rehm (2010)
- **Suicidal Behavior** by R. McKeon (2009)

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# Also available in the series

- **Autism Spectrum Disorder** by L. Joseph/L. V. Soorya/A. Thurm (2014)
- **Language Disorders in Children and Adolescents** by J. H. Beitchman / E. B. Brownlie (2013)
- **Phobic and Anxiety Disorders in Children and Adolescents** by A. E. Grills-Taquechel/T. H. Ollendick (2012)
- **Growing Up with Domestic Violence** by P. Jaffe/D. A. Wolfe / M. Campbell (2011)
- **Nonsuicidal Self-Injury** by E. D. Klonsky/J. J. Muehlenkamp / S. P. Lewis/B. Walsh (2011)
- **Public Health Tools for Practicing Psychologists** by J. A. Tucker / D. M. Grimley (2011)
- **Hypochondriasis and Health Anxiety** by J. S. Abramowitz / A. E. Braddock (2011)
- **Elimination Disorders in Children and Adolescents** by E. R. Christophersen/P. C. Friman (2010)
- **Eating Disorders** by S. W. Touyz/J. Polivy/P. Hay (2008)
- **Chronic Illness in Children and Adolescents** by R. T. Brown/B. P. Daly / A. U. Rickel (2007)
- **Heart Disease** by J. A. Skala/K. E. Freedland/R. M. Carney (2005)

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# Forthcoming volumes

- **Dating Violence**
- **Body Dysmorphic Disorder**
- **Bullying and Peer Victimization**
- **Posttraumatic Stress Disorder**
- **Domestic Violence**
- **Panic Disorder and Agoraphobia**