BOOKS ON MENTAL HEALTH IN THE
LIBRARY OF THE MENTAL HEALTH AND AGING PROJECT (MHAP)
Compiled by Julie Wheaton, MHAP Librarian

ANXIETY

Getting old without getting anxious: conquering late life anxiety, by Peter V. Rabins and Lynn Lauber, Avery Publishing Group, 2005.

> Designed to assist older people and their caregivers in overcoming anxiety. Explains how the many changes that occur as a person ages can trigger severe and life-altering anxiety and how late-life anxiety differs from anxiety in younger people. Helps identify disorders and causes and explores options for treatment. Includes stories to encourage and motivate both those suffering from mental illness and their caregivers.

Treating generalized anxiety disorder: evidence-based strategies, tools, and techniques, by Jayne Rygh and William Sanderson, Guilford Press, 2004.

> Practical manual providing evidence-based tools and techniques for assessing and treating clients with generalized anxiety disorder (GAD). Includes both cognitive-behavioral and supplementary interventions in step-by-step detail, along with illustrative case examples.

BIPOLAR DISORDER

Bipolar disorder: a cognitive therapy approach, 1st edition, by Cory Newman, American Psychological Association, 2001.

> Source-book of practical guidance on bipolar disorder. Examines the interface between cognitive therapy and pharmacotherapy and provides explicit guidelines for addressing misgivings about taking medications. Presents techniques for managing hypomania and mania, combating suicide, and helping families collaborate more effectively. Touches on stigma. Offers ways for therapists to help boost morale, self-esteem, hope, and resiliency through the therapeutic relationship.

Bipolar puzzle solution: a mental health client's perspective: 187 answers to questions asked by support group members about living with manic-depressive illness, by Bryan Court and Gerald Nelson, Taylor & Francis, 1996.

> Written by a person with bipolar disorder, typical questions are followed by in-depth answers. Each topical section also includes an extensive psychiatrist's response by the co-author, a psychiatrist who has extensive experience working with individuals with bipolar disorder. Subjects cover a broad spectrum, including understanding the illness, treatment, medications, attitudes, acceptance, faith, relationships, support groups, disability, hospitalization, and employment difficulties.

CLINICAL—GENERAL

Clinical guide to the diagnosis and treatment of mental disorders, edited by Michael B. First and Allan Tasman, Wiley, 2006.

> A concise reference providing all the clinically relevant information required to diagnose and treat patients with mental health disorders. Combines the DSM diagnostic criteria with clear, detailed information on treatment options, listing all drugs available for the disorder and giving full clinical management advice.

<u>Dialectical behavior therapy in clinical practice: applications across disorders and settings</u>, edited by Linda Dimeff and Kelly Koerner, Guilford Press, 2007.

Edited by close collaborators of DBT originator Marsha M. Linehan. Presents applications for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex problems. Describes how to implement this evidence-based treatment with adults, adolescents, couples and families, and forensic clients. Includes over a dozen reproducible worksheets and forms.

<u>Distinguishing psychological from organic disorders: screening for psychological masquerade</u>, 2nd edition, by Robert Taylor, Springer Publishing, 2000.

For mental health professionals to use in screening new cases. Practical guide offering methods for spotting brain syndromes masquerading as psychiatric problems. Includes drug-induced organic mental disorders, somatization, problems related to aging, and others. Provides test cases.

<u>Hallucinations: the science of idiosyncratic perception</u>, by Andre Aleman and Frank Laroi, American Psychological Association, 2008.

Reviews the latest research on the cognitive and neural bases of hallucinations. Covers psychosis, as well as brain damage, Charles Bonnet syndrome, dementia, and chemical substance abuse. Integrates recent findings into a cohesive framework and puts forward a comprehensive, multicomponent model of hallucinations. Discusses treatments, ranging from pharmacotherapy and cognitive therapy to transcranial magnetic stimulation. Includes a comprehensive list of available hallucination questionnaires and scales as a handy clinical assessment resource.

<u>Handbook of clinical psychopharmacology for therapists</u>, 4th edition, by John D. Preston, John H. O'Neal, and Mary C. Talaga, New Harbinger Publications, 2004.

Designed for therapists and other psychological clinicians, this revised and expanded edition offers a concise, practical, thorough overview of the use of psychotropic medications for the treatment of mental health problems in both adults and children and adolescents. Includes updates on new medications, new material on bipolar illness, major depression, post-traumatic stress disorder, borderline personality disorder, and a new chapter on medication and children.

<u>Handbook of comparative interventions for adult disorders</u>, 2nd edition, edited by Michel Hersen and Alan Bellack, John Wiley, 1999.

Looks at psychodynamic, behavioral, and pharmacological approaches to the most common psychiatric disorders, with a comparison of techniques, theoretical differences, treatment strategies, and case-handling procedures. Offers a comparative review of different approaches to specific mental disorders.

<u>Problem-solving therapy: a positive approach to clinical intervention</u>, by Thomas D'Zurilla, Springer, 2006.

This updated edition presents useful advances in problem-solving therapy (PST). Includes research data on social problem solving and adjustment, studies on the efficacy of PST, social problem solving models, and a user-friendly therapist's training manual. Designed as a resource for therapists and counselors to enhance their own problem-solving skills and clinical techniques in order to help their clients improve their lives.

Selecting effective treatments: a comprehensive, systematic guide to treating mental disorders, 3rd edition, by Linda Seligman and Lourie W. Reichenberg, Jossey-Bass, 2007.

Presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the Diagnostic and Statistical Manual of Mental Disorders. Covers pervasive developmental disorders, bipolar disorder, disorders of childhood, schizophrenia spectrum disorders, eating disorders, depression, borderline personality disorder, dual diagnosis, suicide risk factors, and new approaches to treatment.

CLINICAL—OLDER PEOPLE

Comprehensive textbook of geriatric psychiatry, 3rd edition, edited by Joel Sadavoy et al., Norton, 2004.

Desk reference covering the field with 41 chapters, written by experts and addressing topics spread across five sections: the aging process; principles of evaluation; psychiatric disorders of the elderly; treatment; and medical, legal, ethical, and financial issues. Thorough, up-to-date, and authoritative overview of geriatric psychiatry.

Essentials of geriatric psychiatry, edited by Dan G. Blazer, David C. Steffens, and Ewald W. Busse, American Psychiatric Publishing, 2007.

Authored by both psychiatrists and contributors from relevant biomedical and behavioral disciplines. Covers the demography and epidemiology of late-life disorders and physiological considerations of patient care. Includes chapters on laboratory tests and the neuropsychological assessment of dementia. Subsequent chapters address ten of the most prominent psychiatric disorders of the elderly, including late-life depression and somatoform disorders. Chapters end with multiple-choice questions for self-assessment.

Evidence-based behavioral health practices for older adults: a guide to implementation, edited by Sue Levkoff et al. Springer, 2006.

Designed to improve service delivery in the care of older adults, this approach to practice is supported by evidence-based guidelines from experts. Offers knowledge on effective interventions and guidance on how to implement them. Topics include: selecting an evidence-based practice, assessing feasibility, managing quality, creating a culturally grounded practice, assessing and treating depression, anxiety, substance abuse, dementia, and schizophrenia, and creating more sustainable services.

Geriatric mental health care: a treatment guide for health professionals, by Gary Kennedy, Guilford Press, 2000.

Written by a leading geriatric psychiatrist, this book presents detailed recommendations for managing the emotional, behavioral, and cognitive problems most frequently encountered in clinical practice with older adults.

Geriatric neuropsychology: assessment and intervention, edited by Deborah Attix and Kathleen Welsh-Bohmer, Guilford, 2006.

Comprehensive resource covering the many diagnostic and therapeutic issues confronting clinical neuropsychologists and other health care professional who care for older people. Synthesizes intervention with assessment and provides empirical support for using cognitive training, compensatory techniques, and psychotherapeutic interventions for improving mood, behavior, and functional capacity, even in disorders such as dementia where progression is inexorable.

<u>Geropsychiatric and mental health nursing</u>, edited by Karen Devereaux Melillo and Susan Crocker Houde, Jones and Bartlett, 2005.

Addresses the knowledge and skills necessary in the assessment and nursing care of older adults who are experiencing mental health and psychiatric problems of late life. Covers evaluation, diagnosis, psychopharmacology, and behavioral management strategies in nursing care of older adults. Incorporates social, cultural, and policy issues in mental health care and application of theory and research findings to evidence-based practice.

<u>Geropsychological interventions in long-term care</u>, edited by Lee Hyer and Robert Intrieri, Springer, 2006.

Provides insight on psychological issues facing LTC residents for physicians, nurses, social workers, activity coordinators, and therapists. Offers suggestions and strategies, such as Cognitive Behavior Therapy, for improving the LTC system and residents' physical, psychological, emotional, and social health.

<u>Mental disorders in older adults: fundamentals of assessment and treatment</u>, 2nd edition, by Steven H. Zarit and Judy M. Zarit, Guilford Press, 2006.

This revised and expanded second edition provides foundational knowledge and skills for mental health practice with older adults and their caregivers. Draws on research and clinical expertise to comprehensively address normal aging processes, frequently encountered clinical problems, and effective approaches to evaluation, psychotherapy, family support, and consultation in institutional settings.

<u>Principles and practice of geriatric psychiatry</u>, edited by Marc Agronin and Gebe Maletta, Lippincott Williams & Wilkins, 2006.

Comprehensive, scientifically rigorous, and practical text offers not only clinical science but also a sense of advocacy and a broad social context. Authors include both clinicians and academicians. Covers clinical evaluation, general principles of psychiatric treatment, psychiatric disorders, and associated psychiatric issues, such as Parkinson's, psychiatric manifestations of medications, and persistent pain.

<u>Psychiatry in the nursing home</u>, 2nd edition, by D. Peter Birkett, Haworth Press, 2001.

Practical guide to the physical, psychiatric, and medical problems of nursing home residents. Includes solutions and suggestions from the author's own geriatric psychiatry experience and practice. Useful for geriatric physicians and fellows, nurse practitioners, physician's assistants, nursing home nurses, social workers, and administrators.

<u>Social work with elders: a biopsychosocial approach to assessment and intervention</u>, 2nd edition, by Kathleen McInnis-Dittrich, Allyn & Bacon, 2004.

Examines the basics of a biopsychosocial approach to working with elders. Includes protocols for both traditional and nontraditional interventions. Topics include human behavior in the social environment of elders, spirituality, designing interventions, and diversity regarding gender, race, ethnicity, sexuality, and sexual orientation. Introduces readers to theoretical information on the biopsychosocial functioning of older adults and prepares them to assess that functioning and plan and implement interventions.

<u>Strategies for therapy with the elderly: living with hope and meaning</u>, 2nd edition, by Claire Brody and Vicki Semel, Springer, 2006.

Contends that successful therapy can be done with older people. Cautions therapists that initial reactions to clients may be affected by stereotypes about aging. Designed to be used with people over 60 in nursing homes, those in assisted living, and those living independently. Offers a variety of approaches. Illustrative case examples illuminate successful strategies and interventions.

COGNITIVE BEHAVIORAL THERAPY (CBT)

Behavioral interventions in cognitive behavior therapy: practical guidance for putting theory into practice, 1st edition, by Richard Farmer and Alexander Chapman, American Psychological Association, 2008.

Step-by-step guide to treatment planning, behavioral intervention strategies (such as self-monitoring, behavioral activation, behavioral experiments, exposure therapy, skills training), and innovative approaches (such as acceptance, mindfulness, and a behavioral approach to cognition). Useful across a range of client populations. Provides a behavioral framework that is practical and accessible to clinicians and students with varying degrees of behavioral training.

Cognitive behavior therapy: applying empirically supported techniques in your practice, edited by William T. O'Donohue, Jane E. Fisher, and Steven C. Hayers, Wiley, 2003.

Provides empirically supported techniques that are effective for a wide range of problems, including enuresis, panic disorder, depression, and skills acquisition for the developmentally delayed. Presents 60 chapters on individual therapies for a wide range of problems, such as smoking cessation, stress management, and classroom management. Chapters are authored by experts in their particular treatment approach. Provides tables that clearly explain the steps of implementing the therapy.

Cognitive behavior therapy in clinical social work practice, edited by Tammie Ronen and Arthur Freeman, Springer, 2006.

Handbook designed to provide the training that social workers need to master cognitive behavior therapy. Current, thorough presentation, including traditional and new techniques, such as mindfulness meditation and the use of DBT. Covers anxiety disorders, depression, personality disorders, sexual/physical abuse, substance abuse, grief and bereavement, and eating disorders. Written by social workers for social workers.

Cognitive-behavioral group therapy for specific problems and populations, edited by John White and Arthur Freeman, American Psychological Association, 2000.

Covers the essential hands-on techniques for applying CBT in group settings. Addresses a wide range of clinical problems and populations, all the while presenting specific therapeutic methods. Focuses on ways to enhance group cohesiveness and keep the group on task. Offers an array of clinical vignettes and tips for troubleshooting common problems that arise. Both a primer for new practitioners and a thorough presentation for those familiar with CBT.

Cognitive-behavioral strategies in crisis intervention, 3rd edition, edited by Frank Dattilio and Arthur Freeman, Guilford Press, 2007.

Pragmatic description of effective procedures for working with crisis-prone clinical populations as well as persons struggling with situational crises and stressful life experiences. Shows how carefully planned interventions can help clients weather situations of extreme stress and build needed skills for the future. Describes relevant cognitive-behavioral techniques for dealing with different types of crises, illustrated with in-depth case examples.

Cognitive behaviour therapy with older people, by Ken Laidlaw, Larry W. Thompson, Dolores Gallagher-Thompson, and Leah Dick-Siskin, Wiley, 2003.

Designed for clinicians using cognitive behavior therapy (CBT) with older adults. Topics include building a therapeutic relationship, dealing with stereotypical thinking about aging, setting realistic expectations in

the face of deteriorating medical conditions, maintaining hope when faced with difficult life events, and dealing with the therapist's own fears about aging. Includes case studies and practical solutions.

Culturally responsive cognitive-behavioral therapy: assessment, practice, and supervision, edited by Pamela Hays and Gayle Iwamasa, American Psychological Association, 2006.

> Describes the application of CBT with people of diverse cultures and discusses how therapists can refine cognitive–behavioral therapy to increase its effectiveness with clients of many cultures. Also describes the use of CBT with older adults, people with disabilities, and gay and lesbian individuals, including examples of people who hold bicultural and multicultural identities. Provides numerous case examples with practical information grounded in an empirically supported theory.

Empowering vulnerable populations: cognitive-behavioral interventions, by Mary Keegan-Eamon, Lyceum Books, 2008.

> Presents CB applications as a means of assisting vulnerable populations — people with disabilities; racial, ethnic, and sexual minorities; the elderly; the poor; and women — in attaining empowerment-related goals. Covers CB interventions for specific outcomes — accessing and increasing social resources; acquiring, maintaining, and increasing economic resources; enhancing self- determination; and increasing involvement in macro decision making, including social policy and community and organizational practices.

Treatment of chronic medical conditions: cognitive-behavioral therapy strategies and integrative treatment protocols, 1st edition, by Len Sperry, American Psychological Association, 2009.

> Provides focused cognitive–behavioral strategies and integrative treatment protocols for 10 of the most common chronic medical conditions that the psychotherapist is likely to encounter, including arthritis, asthma, cancer, cardiac disease, chronic pain, diabetes, epilepsy, hypertension, irritable bowel syndrome, and lupus. Offers guidelines for dealing with issues such as denial, non-compliance, and challenges to life meaning. Illustrated with case studies.

DEPRESSION

Assessing and treating late-life depression: a casebook and resource guide, by Michele Karel, Suzann Ogland-Hand and Margaret Gatz, Basic Books, 2002.

> Written by clinical geropsychologists for professionals working with older adults experiencing depression. Using illustrative case studies, the authors explore assessment and treatment for minor depression, complicated grief, dysthymia, suicide, chronic illness, chronic pain, dementia, alcohol abuse, PTSD, psychotic episodes, and other issues with depression. Includes appendices with information on medications, screening tools, models of care, and additional resources.

Beating the senior blues: how to feel better and enjoy life again, by Leslie Eckford and Amanda Lambert, New Harbinger Publications, 2002.

> Resource for seniors and family members. Useful as a self-help guide or as a tool to facilitate interaction with healthcare professionals in dealing with loss, grief, anxiety, and depression.

Cognitive behavioral workbook for depression: a step-by-step program, by William J. Knaus, New Harbinger Publications, 2006.

> Provides clinically proven cognitive behavioral therapy (CBT) techniques to recognize and change depressive thinking in an easy-to-use, step-by-step format. This type of CBT, called rational emotive behavior therapy (REBT), was pioneered by Albert Ellis in the 1950's. The author William Knaus, a close associate of Ellis, develops REBT techniques into a practical and comprehensive self-help workbook.

<u>Depression in late life</u>, 3rd edition, by Dan Blazer, Springer Publishing, 2002.

> Provides a comprehensive review of the literature and guidance for professionals who care for older people with depression from a biosocial perspective. Intended for geriatricians, geriatric psychiatrists, psychologists, psychiatric nurses, social workers, and primary care physicians.

<u>Guidelines on depression in older people: practising the evidence</u>, by Robert Baldwin et al., Taylor & Francis, 2002.

> Prepared under the auspices of the World Psychiatric Association Sections of Old Age Psychiatry and Affective Disorders. Overview of current evidence and best practices regarding the classification, prevalence, causation and management of depressive disorder as it affects older people.

<u>Interpersonal psychotherapy for depressed older adults</u>, by Gregory A. Hinrichsen and Kathleen F. Clougherty, American Psychological Association, 2006.

> Designed to help therapists conduct Interpersonal Psychotherapy (IPT) with persons 65 years of age and older. Provides a comprehensive review of theory and research as well as practical guidance on clinical interventions. Reviews late life depression's presentation, health consequences, prevalence, interpersonal dynamics, clinical assessment, and treatment. Includes clinical cases to illustrate the use of IPT in each phase of treatment. Makes the case that IPT is especially well suited for older persons.

<u>Psychotherapy for depression in older adults</u>, by Sara Honn Qualls and Bob G. Knight, Wiley, 2006.

> First in a new Wiley Series on Geropsychology, this guide was developed in conjunction with the Gerontology Center of the University of Colorado. The guide is a practical resource providing evidence-based treatment approaches for alleviating depression in older adults.

DIVERSITY

<u>Counseling the culturally diverse: theory and practice</u>, 5th edition, by Derald Wing Sue and David Sue, Jossey-Bass, 2007.

> Defines and analyzes the meaning of diversity and multiculturalism. Includes coverage of racial/ethnic minority groups as well as multiracial individuals, women, gays and lesbians, the elderly, and those with disabilities. This edition introduces new research and concepts, discusses future directions in the field, and includes updated references.

<u>Group work and aging: issues in practice, research, and education</u>, edited by Robert Salmon and Roberta Graziano, Taylor & Francis, 2005.

> Provides articles about a mutual aid approach to working with diverse groups of older adults with varied needs. Experts and researchers provide case studies, practice examples, and explanation of theory to illustrate this practice method with aging adults, their families, and their caregivers. Includes in-depth information on group work with gay and lesbian elders, caregivers, elders with Alzheimer's disease, service providers, and special populations such as Latino elders.

<u>Handbook of counseling and psychotherapy with lesbian, gay, bisexual, and transgender clients</u>, 2nd edition, edited by Kathleen Bieschke, Ruperto Perez, and Kurt DeBord, American Psychological Association, 2007.

> This second edition focuses on the complex cultural contexts of lesbian, gay, bisexual, and transgender (LGBT) individuals, the provision of psychotherapy to LGBT clients across a range of presenting concerns, and emerging socio/political issues. Stresses the importance of affirmation with lesbian, gay, bisexual, and transgender clients throughout.

<u>Mental health issues of older women: a comprehensive review for health care professionals</u>, edited by Victor J. Malatesta, Haworth Press, 2007.

> The contributors of these articles allow for differences inherent in this population and focus on conditions clinicians are most likely to encounter, such as changes in cognitive functioning, alcohol use, schizophrenia, depressive disorders, anxiety disorders, post-traumatic stress disorder, complex chronic dissociative disorder, sexual problems, eating disorders, and borderline personality disorders across the life span.

EVIDENCE-BASED PRACTICES

<u>Evidence-based mental health practice: a textbook</u>, edited by Robert E. Drake, Matthew R. Merrens, and David W. Lynde, W. W. Norton & Co., 2005.

> A comprehensive textbook that defines evidence-based practice, provides historical background to the concept in the mental health field, and describes evidence-based interventions. Explores some of the complex challenges in implementing these practices. Useful for clinicians that provide services for adults with serious mental illnesses; for consumers and families receiving these services; and for students in counseling, rehabilitation, and social work programs.

<u>Evidence-based psychotherapy: where practice and research meet</u>, edited by Carol Goodheart, Alan Kazdin, Robert Sternberg, American Psychological Association, 2006.

> Engages the voices of a broad range of clinical researchers, practitioners, educators, and public policy advocates in a comprehensive discussion of issues and arguments in the current debate about EBP. Chapter authors examine the evolution, politics, treatment approaches and implications of EBP in psychotherapy. The editors tie together the book's themes, discuss their implications, and present conclusions. The final chapter lays out a series of cautions regarding EBP in psychotherapy tied to themes arising in the book.

<u>Handbook of evidence-based psychotherapies: a guide for research and practice</u>, edited by Chris Freeman and Mick Power, Wiley, 2007.

> Provides an up-to-date overview of the current evidence-base for psychological therapies and major psychological disorders. Takes a pluralistic approach, covering cognitive and behavioral therapies as well as counseling and humanistic approaches. Expert contributors guide readers through the latest research, taking a critical overview of each practice's strengths and weaknesses. A final chapter provides an overview for the future.

MEDICATIONS

<u>Handbook of geriatric psychopharmacology</u>, by Sandra Jacobson, Ronald Pies, and David Greenblatt, American Psychiatric Publishing, 2002.

> Practical guide for medical professionals and students on the drug treatment of psychiatric disorders in older persons.

<u>Psychotropic drugs and the elderly</u>, by Joel Sadavoy, Norton, 2004.

> Designed as a day-to-day clinical guide for physicians and mental health professionals treating the elderly. Provides the depth of knowledge necessary for specialized pharmacotherapy of older people, including comprehensive coverage of all major drug classes.

OBSESSIVE COMPULSIVE DISORDER

Psychological treatment of obsessive-compulsive disorder: fundamentals and beyond, 1st edition, edited by Martin Antony, Christine Purdon, and Laura Summerfeldt, American Psychological Association, 2007.

> Provides practical, step-by-step descriptions of psychological approaches to treating OCD. Describes evidence-based behavioral and cognitive approaches, such as exposure and ritual prevention and cognitive restructuring. Discusses how to apply these strategies with particular presentations of OCD, including fears of contamination; doubting and checking; incompleteness concerns; religious, sexual, and aggressive obsessions; and compulsive hoarding.

PERSONALITY DISORDERS

Cognitive therapy of personality disorders, 2nd edition. By Aaron Beck, Arthur Freeman, Denise D. Davis and Associates, Guilford Press, 2004.

> Presents a cognitive framework for understanding and treating personality disorders. Offers both a comprehensive overview of scientific knowledge and a detailed guide to individualized treatment. Part I lays out the foundations of effective work with this population, and Part II describes the process of cognitive-behavioral therapy for specific disorders. Covers differential diagnosis, case conceptualization, and intervention, with particular attention to therapeutic impasses and how to overcome them.

Personality disorders and the five-factor model of personality, 2nd edition, edited by Paul Costa and Thomas Widiger, American Psychological Association, 2002.

> This revised edition of the 1994 resource for researchers and clinicians presents a comprehensive summary of 55 empirical studies published since 1994 on the relationship of the five-factor model (FFM) to personality disorder symptoms. Additional chapters cover history and conceptual background, FFM translations of DSM-III-R and DSM-IV personality disorders, empirical findings on personality disorders from the FFM perspective, application to a variety of populations, use of standardized instruments to assess personality, and usefulness in tailoring treatment to the personality dimensions of clients.

Personality disorders and older adults: diagnosis, assessment, and treatment, by Daniel L. Segal, Frederick L. Coolidge, and Erlene Rosowsky, Wiley, 2006.

> Excellent reference for clinicians working with older adults with personality disorders or difficult personality traits. Provides information on diagnosis and assessment, utilizing case histories to illustrate how personality disorders may manifest in late life. Reviews theories about personality disorders and presents treatment recommendations.

Treatment of borderline personality disorder: a guide to evidence-based practice, by Joel Paris, Guilford Press, 2008.

> Presents the state of the art in understanding borderline personality disorder (BPD) and distills key treatment principles that therapists need to know. Examines a range of therapies and identifies the core ingredients of effective intervention. Offers specific guidance for meeting the needs of this challenging population, including ways to improve diagnosis, promote emotion regulation and impulse control, maintain appropriate therapeutic boundaries, and deal with suicidality and other crises. Also explains the latest thinking on the causes of BPD and how it develops.

POLICY

Recovery in mental illness: broadening our understanding of wellness, edited by Ruth Ralph and Patrick Corrigan, American Psychological Association, 2005.

> Resource for researchers and mental health planners. Provides a comprehensive analysis of recovery, offering new insights on its role as unifying concept for understanding the course of mental illness. The editors, who are leading researchers on the consumer movement, have assembled scholarly essays examing recovery as both a process and an outcome.

PSYCHIC TRAUMA

Cultural competence in trauma therapy: beyond the flashback, 1st edition, by Laura Brown, American Psychological Association, 2008.

> Shows therapists how to become more sensitive to individual identity when working with clients who have suffered trauma. Explains how culturally sensitive therapists draw upon multiple strategies for treating patients and are aware of both dominant group privilege and of their own identity and culture. Practical in focus, with a variety of case studies illustrating how theoretical constructs can inform assessment and treatment.

Healing crisis and trauma with mind, body, and spirit, by Barbara Rubin Wainrib, Springer, 2006.

> Offers educators and practitioners training methods, exercises, and intervention techniques applicable to a gamut of experiences. Introduces newer concepts and their applications such as role play, spirituality, the role of animals in healing, and the concept of forgiveness. Emphasizes a strengths perspective. Describes the "Phoenix Phenomenon", a concept the author developed during the course of her teaching and practice, which articulates and illustrates an inherent ability to use resilience in the process of converting pain into growth.

Trauma among older people: issues and treatment, by Leon Hyer and Steven Sohnle, Taylor & Francis, 2001.

> Focuses on the unique considerations of trauma within the older population. Presents a treatment model that addresses the issues of perturbation, education, normalization, coping, and social support. Stresses the importance of maintaining a balance between stable self-capacity and exposure to traumatic memory.

QUALITY OF LIFE

Mindfulness-based elder care: a CAM model for frail elders and their caregivers, by Lucia McBee, Springer, 2008.

> An experienced geriatric social worker has taken Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program and adapted it to the particular needs of elders, their families, and professional caregivers. She conveys the benefits of mindfulness through meditation, gentle yoga, massage, aromatherapy, humor, and other creative therapies and provides clear, concise instructions for her program, as well as a wealth of anecdotal and experiential exercises, to help readers at all levels of experience.

Positive aging: a guide for mental health professionals and consumers, by Robert D. Hill, W. W. Norton & Co., 2006.

> Written for all those concerned about aging, as well as providers of mental health services to older adults. Explores "aging", its history and changing meaning. Delves into the many lifestyle choices we can make to improve our happiness as we grow older. Examines traditional theories of adult development and trajectories of age-related decline. Offers useful strategies for coping with common old-age issues—

including cognitive deficits, depression, anxiety, and psychological barriers to happiness. Includes poignant case studies.

Quality of life therapy: applying a life satisfaction approach to positive psychology and cognitive therapy, by Michael B. Frisch, Wiley, 2005.

Tells clinicians how to bring positive psychology techniques to clinical practice and also how to expand their practice to individuals and groups who do not suffer from clinical disorders but want to be happier and more successful in life. The book includes 44 positive psychology growth exercises on CD-Rom, and 148 happiness prescriptions based on the latest research for use in all areas of life that clients may care about. Quality of Life Therapy has been evaluated as successful in two separate clinical trials.

Seven strategies for positive aging, by Robert D. Hill, Norton, 2008.

A practical companion to Robert Hill's Positive Aging: A Guide for Mental Health Professionals and Consumers, which challenged traditional conceptions and offered a new theoretical framework for understanding the nature of aging. Presents exercises and techniques that are easily accessible to the reader interested in discovering how best to adapt to the aging process. Organized into seven distinct chapters: Learning, Meaning, Wisdom, Belonging, Helping, Gratitude, and Forgiveness. Demonstrates how people can help themselves age productively and positively.

Spiritual growth and care in the fourth age of life, by Elizabeth MacKinlay, Wiley, 2007.

Exploring the spiritual dimension of aging, this book investigates the role of pastoral and spiritual care in helping the frail elderly cope with end-of-life issues. It focuses on the experience of nursing home residents and anecdotes gathered in interviews. It is of interest to nurses, care workers, and pastoral support professionals.

Transformational reminiscence: life story work, by John A. Kunz and Florence Gray Soltys, Springer, 2007.

Using the life story matrix as a framework, the authors and their contributors cover the complexities of reminiscence and life review, techniques and advice for making a personal story public, and the delicate balance of when to focus on content and when the process of telling one's life story can be therapeutic or destructive. Includes practical applications, anecdotes, exercises that help clarify the experiential side of the content, and helpful suggestions that ensure a safe and ethical application of this technique.

SCHIZOPHRENIA

Schizophrenia in late life: aging effects on symptoms and course of illness, by Philip D. Harvey, American Psychological Association, 2004.

Describes the history of older people with schizophrenia and gives detailed information about their condition over the past 15 years. This complex group, with histories of unemployment, family chaos, and serious medical problems, needs treatment, housing, and care, but has limited resources of their own. The growing cohort of elderly mentally ill produces a challenge for the geriatrician and for society in general. This book is an informative reference on elderly people with psychosis.

Schizophrenia into later life: treatment, research, and policy, edited by Carl Cohen, American Psychiatric Publishing, 2003.

Points out the increasing number of older persons with schizophrenia and the need to mobilize science and services to meet their needs and their families' needs. Includes information on biology, imaging, psychosocial approaches, theory, and clinically useful information on diagnosis, medication, psychosocial interventions, and health care financing. Compiled by an expert on social support, aging, and schizophrenia.

STIGMA

On the stigma of mental illness: practical strategies for research and social change, 1st edition, edited by Patrick Corrigan, American Psychological Association, 2005.

Explores the causes and ramifications of mental illness stigma and possible means to eliminate it. Translates basic behavioral research, especially from social psychology, to an issue of prime importance to clinical psychology. Includes practical strategies for dealing with public stigma and self-stigma, including deciding when and how to disclose one's psychiatric history to others. Written by social scientists participating in the Chicago Consortium for Stigma Research.

The Mental Health and Aging Project operates a lending library of resources for CMH clinicians and other human service professionals who work with older adults and their families. Books are sent via mail and borrowers pay a small fee for postage and insurance. To borrow a book from this list or to learn about other MHAP resources and services, contact Matt Beha at beham@lcc.edu or call him at 517/483-1529.