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Dear Friends,

Guilford is delighted to share with you our Fall 2024 Rights List.

Our list this year features several titles for the general reader, including Mindful Self-Compassion for Burnout, a highly anticipated new installment of the best-selling Mindful Self-Compassion program by Kristin Neff and Christopher Germer. Guilford will also be releasing a fresh update on *The Mindful Way* through Depression, a best seller with more than 450,000 copies in print, the first edition of which sold in over 25 languages.

We are also very pleased to present the long-anticipated second edition of Aaron Beck's seminal work, Cognitive Therapy of Depression. First published in 1979, this book established the field of Cognitive Therapy and remains the definitive guide to the practice. The second edition has been extensively updated to provide a completely modern view of depression, while still retaining the character of this historical

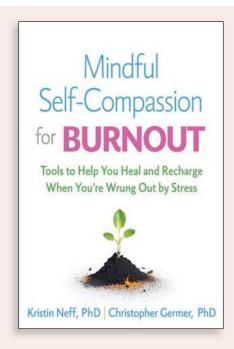
If you would like more detailed information or reading copies of these, or any of our titles, please feel free to contact us at any time at rights@guilford.com

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THE GUILFORD PRESS

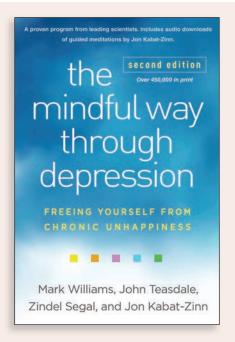


Mindful Self-Compassion for Burnout

Tools to Help You Heal and Recharge When You're Wrung Out by Stress

Neff • 200 • September 2024

- ▶ Rights Sold: Japanese, Dutch, Turkish
- Authors Kristin Neff and Christopher Germer have adapted their best-selling MSC program for people struggling with the effects of burnout: exhaustion, detachment, and feelings of incompetence.
- Each chapter in this engaging book is short and easy, and offers an empathic story of someone stretched to their limits.
- Readers learn quick and powerful ways to recharge their batteries, de-stress, and be kind to themselves—so they can be there for others using simple anti-burnout tools based on MSC practices.



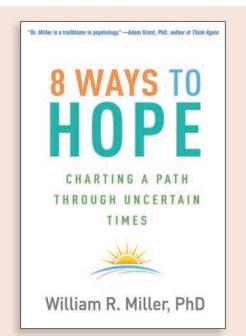
The Mindful Way through Depression

SECOND EDITION

Freeing Yourself from Chronic Unhappiness

Williams • 279 • October 2024

- ▶ Rights Sold: Vietnamese
- Easy to-use self-help program is grounded in mindfulness-based cognitive therapy (MBCT).
- Revised throughout, the second edition features fresh insights on coping with the challenges of our ever-changing world; the latest scientific data; and four additional audio tracks.
- Through vivid stories and downloadable audio meditations, the book shows how to break the mental habits that lead to despair—and recover a sense of joy, aliveness, and possibility.
- The first edition, published in 2007, is Guilford's top selling translation with more than 450,000 copies sold in print and has been licensed in over 25 different languages.



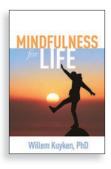
8 Ways to Hope

Charting a Path through Uncertain Times

Miller • 218 • August 2024

► Rights Sold: Portuguese

- Humans have an innate capacity to believe in a positive outcome; this book shows us how to choose hope, even on our darkest days.
- Practical, compact, and engaging book shows us that hope is not a one-dimensional state of mind; it is multifaceted.
- Explains the role that hope plays in our financial risks, "leaps of faith," and life-and-death medical decisions.

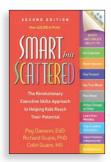


Mindfulness for Life

Kuyken • 242 • September 2024

► Rights Sold: Japanese

- Brings mindfulness into daily life by teaching core skills in easy-to-integrate ways.
- Oxford professor and leading mindfulness expert Willem Kuyken, provides tools for building a personal practice that is sustainable, purposeful, and richly rewarding, now and for years to come.

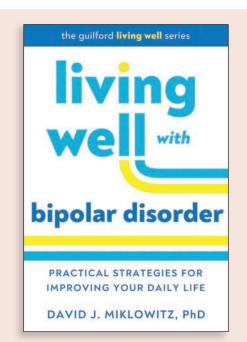


Smart but Scattered, SECOND EDITION

The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential

Dawson • 332 • November 2024

- In this new and updated edition, the authors explain skills that 4- to 12-yearolds need to get organized, stay focused, and control their impulses and emotions
- Over 425,000 copies sold; this encouraging guide arms parents with strategies to boost skills that are lacking, fix everyday routines, and reduce stress.



Living Well with Bipolar Disorder

Practical Strategies for Improving Your Daily Life

Miklowitz • 240 • September 2024

- This is the first book in Guilford's new "Living Well" series; it offers practical strategies for specific problems encountered by BD sufferers.
- Readers get tips and tools for maintaining healthy, supportive relationships (without giving up independence), optimizing work and school performance, dealing with anxiety and irritability, troubleshooting medication issues, getting enough sleep, and managing drug and alcohol use.
- Includes short, clearly formatted chapters, practical tools that can be downloaded and printed, and can be read in any order and alongside the comprehensive Survival Guide.

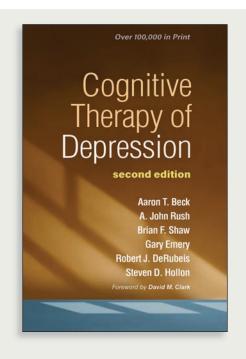


January 2025 **Living Well with OCD,**Jonathan S. Abramowitz

The Guilford Living Well Series is designed for individuals with common psychological conditions, to help them solve everyday problems and improve their quality of life. Written by leading experts on each disorder, books in the series are concise, practical, and empowering. Readers get advice for stress-proofing daily routines; navigating work, family, and relationship issues; managing symptoms effectively; and finding answers to treatment questions.

AND COMING SOON...

Living Well with ADHD, Valerie L. Gaus
Living Well with Depression, Christopher R. Martell
Living Well with Psychosis, Aaron P. Brinen
Living Well with Social Anxiety, Deborah Dobson

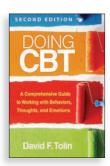


Cognitive Therapy of Depression, SECOND EDITION

Beck • 406 • July 2024

▶ **Rights Sold:** Chinese-World, Hebrew, Japanese, Polish, Portuguese, Russian, Spanish

- First published in 1979, this is the seminal work of the field of Cognitive Therapy and the definitive guide to the practice.
- A thorough revision with 85% new material; provides a completely modern view of depression that still retains the character of this historical classic.
- The authoritative presentation of the front-line treatment for clinical depression, and definitive explication of the underlying theory.
- Novices to clinical psychology, new entries to the field of psychotherapy, seasoned practitioners, and researchers studying depression and other psychological problems will find the book relevant, useful, and thought-provoking.



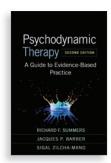
Doing CBT, SECOND EDITION

A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions

Tolin • 659 • April 2024

► Rights Sold: Portuguese

- An ideal introduction to cognitive-behavioral therapy (CBT) for graduate students and practitioners.
- This edition is current with movements in the field such as "personalization" of treatment, diversity, and inclusion.



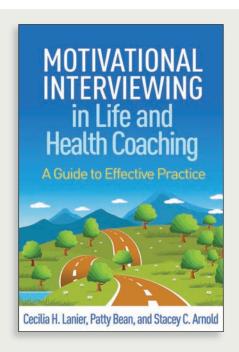
Psychodynamic Therapy, SECOND EDITION

A Guide to Evidence-Based Practice

Summers • 410 • March 2024

► Rights Sold: Russian

- Practical guide for professionals and students explains the theory underlying psychodynamic approaches and lays out a model for understanding psychopathology.
- Special topics include remote and hybrid treatment, combining therapy with psychopharmacology, diversity in age, gender, race, culture, and sexual identity.

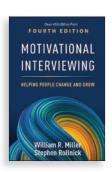


Motivational Interviewing in Life and Health Coaching

A Guide to Effective Practice

Lanier • 272 • September 2024

- Shows how motivational interviewing (MI) can be infused into health and wellness coaching and life coaching to help clients clarify and achieve their goals.
- The authors concisely explain how the MI spirit, method, and skills mesh perfectly with professional coaching standards and core competencies.
- Includes concrete examples, sample dialogues that illustrate ways to use MI in coaching conversations, and learning questions and activities. The companion website features 20 downloadable handouts plus an overview of research support for coaching with MI.



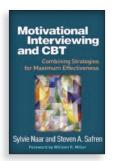
Motivational Interviewing

FOURTH EDITION

Miller • 338 August 2024

▶ Rights Sold: Chineseworld, Danish, Dutch, French, German, Italian, Japanese, Korean, Polish, Romanian, Russian, Swedish The highly practical **Applications** of **Motivational Interviewing Series**

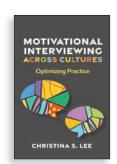
has been widely used as a tool for facilitating change.



Motivational Interviewing and CBT

Naar • 242 October 2024

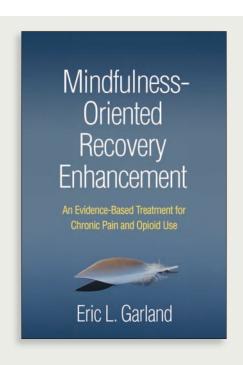
▶ **Rights Sold:** Chinesesimplified, Dutch, Korean, Polish, Russian, Swedish



Motivational Interviewing across Cultures

Optimizing Practice

Lee • 170 November 2024

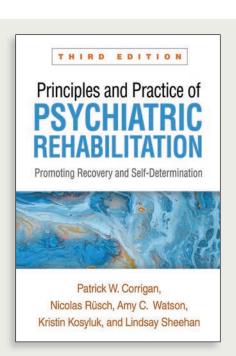


Mindfulness-Oriented Recovery Enhancement

An Evidence-Based Treatment for Chronic Pain and Opioid Use

Garland • 208 • July 2024

- Mindfulness-Oriented Recovery Enhancement (MORE) is a practical manual for a group-based treatment for chronic pain, problematic opioid use (including addiction), or both.
- It is one of the few evidence-based treatments shown to simultaneously reduce opioid use and/ or addiction, pain, and co-occurring emotional distress.
- MORE integrates mindfulness training with principles of cognitive-behavioral therapy and positive psychology.
- The author supplies session-by-session guidelines, sample scripts, clinical pointers, guided practices, and psychoeducational resources.

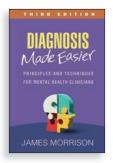


Principles and Practice of Psychiatric Rehabilitation, THIRD EDITION

Promoting Recovery and Self-Determination

Corrigan • 404 • January 2024

- For working with adults with psychiatric disabilities to develop their strengths and achieve their life goals.
- Describes effective ways to assess personal needs and aspirations and combat stigma and discrimination.
- Corrigan has been visiting faculty at schools in Japan, the Netherlands, Australia, and Canada; he has served on review boards for institutions in Hong Kong, Israel, Austria, and Germany



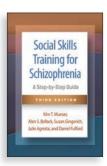
Diagnosis Made Easier, THIRD EDITION

Principles and Techniques for Mental Health Clinicians

Morrison • 348 • January 2024

▶ Rights Sold: Korean, Portuguese (Brazil)

- Revised and updated for DSM-5-TR.
- Essential and practical book that presents a way of thinking about diagnostic problems, focusing on the essential characteristics of mental disorders and the art and science of diagnosis.
- Looks at the process of diagnosis and background data that can affect patients' diagnoses and provides examples for how to apply methods and data to various disorders.



Social Skills Training for Schizophrenia, THIRD EDITION

A Step-by-Step Guide

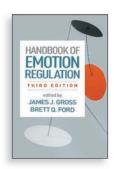
Mueser • 416 • August 2024

- Social skills training (SST) is a highly effective, recovery-oriented intervention for people with serious mental illness; the third edition of this complete manual has been significantly revised with over 60% new material.
- Designed for clients suffering from schizophrenia, other forms of psychosis, and generally for those with severe and chronic (debilitating) mental disorders.



Narcissistic Personality Disorder

Ronningstam • 218 July 2024



Handbook of Emotion Regulation

THIRD EDITION

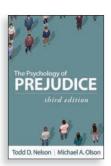
Gross • 606 February 2024



Introduction to Social Cognition

The Essential Questions and Ideas

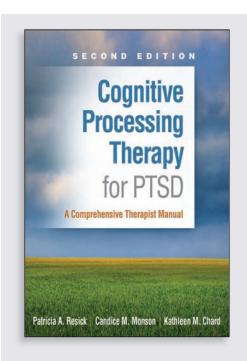
Moskowitz • 557 May 2024



Psychology of Prejudice

THIRD EDITION

Nelson • 472 January 2024



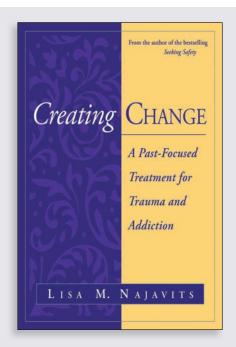
Cognitive Processing Therapy for PTSD

SECOND EDITION

A Comprehensive Therapist Manual

Resick • 328 • April 2024

- ▶ Rights Sold: Dutch, German, Portuguese, Russian
- Cognitive Processing Therapy, a CBT-based psychotherapy, is recognized as a gold standard treatment for PTSD and other trauma-related psychological problems.
- CPT is endorsed as a best practice for the treatment of PTSD by the International Society of Traumatic Stress Studies, the U.K. National Institute for Health and Care Excellence (NICE), and the U.S. Departments of Veterans Affairs and Defense.
- Updated to boost the book's utility and accessibility, including discussions of telehealth delivery, and other new "forms" or modes of treatment.

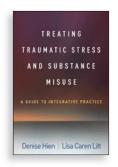


Creating Change

A Past-Focused Treatment for Trauma and Addiction

Najavits • 377 • June 2024

- Practical, flexible, evidence-based manual presents models for working with clients who have cooccurring PTSD (or trauma-related problems) and substance use disorders.
- A follow-up to the authors' previous book, Seeking Safety, which has sold over 175,000 copies, Creating Change guides clients towards the second step of understanding trauma and addiction.
- Topics include Relationship Patterns, Break the Silence, Deepen Your Story, Balance Dark and Light, Emotions and Healing, and Influences: Family, Community, Culture.
- Creating Change can be implemented with any other treatment, including the author's presentfocused model, Seeking Safety.

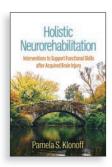


Treating Traumatic Stress and Substance Misuse

A Guide to Integrative Practice

Hien • 269 • September 2024

- Reviews evidence-based treatments for posttraumatic stress disorder (PTSD), other trauma-related problems, and substance misuse, and presents an integrative, culturally responsive framework for assessment and treatment planning.
- Shows clinicians how to navigate the complexities of the treatment process
 while tailoring interventions flexibly and collaboratively to each client's needs.



Holistic Neurorehabilitation

Interventions to Support Functional Skills after Acquired Brain Injury

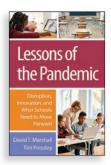
Klonoff • 448 • February 2024

- Presents a broad range of therapeutic interventions for patients with acquired brain injuries.
- Provides multimodal techniques for helping patients to identify and achieve meaningful functional goals in the home and community.
- Covers family support and psychoeducation as well as how to implement the program.



COVID-19:
Psychological
Research from 2020
on the Emerging
Pandemic

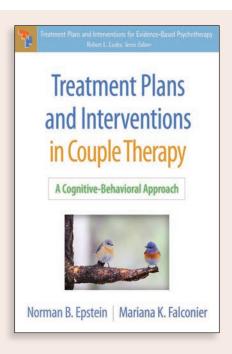
The Guilford Press • 155 March 2024



Lessons of the Pandemic

Disruption, Innovation, and What Schools Need to Move Forward

Marshall • 170 January 2024

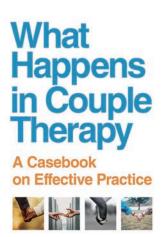


Treatment Plans and Interventions in Couple Therapy

A Cognitive-Behavioral Approach

Epstein • 360 • March 2024

- This pragmatic book provides a complete toolkit for couple-focused cognitive-behavioral therapy (CBT).
- It explains how to assess relationship functioning, but also how to treat the issues of each individual within the context of that relationship.
- Presents guidelines for planning and implementing evidence-based treatment for diverse couples.
- Drawing on decades of clinical experience and research, the authors demonstrate ways to tailor CBT for couples struggling with partner aggression, infidelity, sexual problems, financial issues, and other individual problems; and more.



edited by

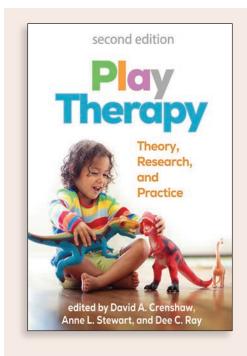
Douglas K. Snyder Jay L. Lebow

What Happens in Couple Therapy

A Casebook on Effective Practice

Snyder • 344 • July 2024

- Clinical cases for students, trainees, and practitioners.
- Authors draw from the leading contemporary models and theories of couple therapy. Their cases demonstrate techniques of specific therapy approaches, as well as show how things can go wrong in treatment.
- Cases provide a window into the contributors' work with couples seeking help for a variety of relationship challenges.

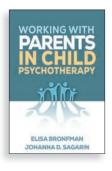


Play Therapy, SECOND EDITION

Theory, Research, and Practice

Crenshaw • 587 • December 2024

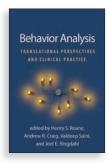
- 85% new material; this revision provides comprehensive coverage of the play therapy field, including theory, approaches, and clinical populations.
- Provides expert chapters on new, cutting-edge and 'cogent' topics, such as racial trauma, as well as new ways of doing therapy, such as telehealth.
- Brings together leading play therapists to describe clinical approaches and applications, and to summarizes the play therapy research base, including compelling findings from neuroscience.



Working with Parents in Child Psychotherapy

Bronfman • 328 • November r 2024

- Grounded in decades of clinical experience, this practical book presents a framework for delivering parent guidance as a stand-alone intervention or adjunct to child therapy.
- The authors present flexible coaching strategies to enhance family relationships and parenting skills to find new solutions to struggles around discipline, homework, bedtime, meals, screen time, and other daily routines.

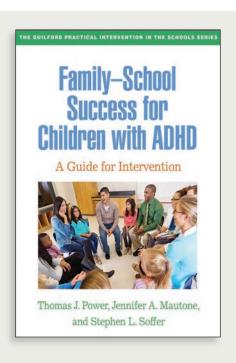


Behavior Analysis

Translational Perspectives and Clinical Practice

Roane • 576 • January 2024

- Bridges the gap between (experimental) research into the basic principles and processes that explain behavior and the clinical practice of applied behavior analysis (ABA).
- Demonstrates how laboratory research informs real-world interventions to facilitate behavior change, and vice versa.

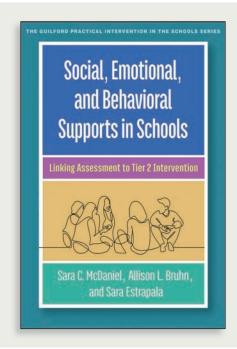


Family-School Success for Children with ADHD

A Guide for Intervention

Power • 260 • May 2024

- A practical intervention for families of 6- to 10-year-olds with attention-deficit/hyperactivity disorder (ADHD).
- FSS has a dual emphasis on strengthening relationships -- parent-child, teacher-student, and family-school and building skills in the classroom.
- Also appropriate for the broader group of children with symptoms and impairment related to ADHD who may not meet criteria for an ADHD diagnosis as well as children who are younger or older than ages 5-11.
- The ADHD rating scale has been translated into Italian, Japanese, Spanish, and Chinese-Simplified.

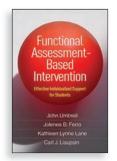


Social, Emotional, and Behavioral Supports in Schools

Linking Assessment to Tier 2 Intervention

McDaniel • 194 • January 2024

- An accessible and comprehensive to developing and implementing effective Tier 2 social, emotional, and behavioral supports.
- Presents interventions in 5 areas: conduct, self-regulation, social issues emotional issues, and integrating academic and social-emotionalbehavioral needs.
- Readers will learn explicit steps for implementing interventions with fidelity; practical features include illustrative case examples, opportunities to apply knowledge, and implementation forms and checklists.

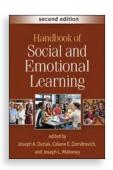


Functional Assessment-Based Intervention

Effective Individualized Support for Students

Umbreit • 324 • March 2024

- An accessible, step-by-step manual for identifying and intervening with students who need intensive/individualized support within a multitiered system.
- Includes effective methods to define target behaviors, determine the function
 of the undesirable behavior, identify appropriate replacement behaviors, and
 deliver and monitor intensive interventions.

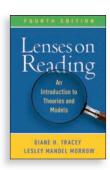


Handbook of Social and Emotional Learning, SECOND EDITION

Durlak • 650 • December 2024

- In this extensively revised second edition, the scientific underpinnings of social and emotional learning (SEL) are explored, as well as its impact on academic achievement and behavior.
- The world's leading SEL scholars describe state-of-the-art interventions that build students' competencies for managing emotions, showing empathy for others, forming supportive relationships, and making responsible decisions.

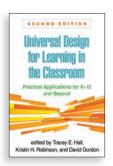
LITERACY



Lenses on Reading

FOURTH EDITION
An Introduction to
Theories and Models

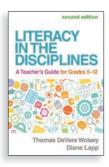
Tracey • 314 June 2024



Universal Design for Learning in the Classroom

SECOND EDITION
Practical Applications for
K-12 and Beyond

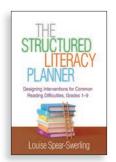
Hall • 186 January 2024



Literacy in the Disciplines

SECOND EDITION A Teacher's Guide for Grades 5-12

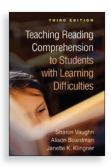
Wolsey • 266 August 2024 Guilford is a respected publisher in student psychology and practices of teaching, as well as the sciences of reading, writing, and knowledge building.



Structured Literacy Planner

Designing Interventions for Common Reading Difficulties, Grades 1-9

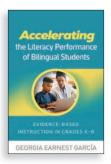
Spear-Swerling • 252 March 2024



Teaching Reading Comprehension to Students with Learning Difficulties

THIRD EDITION

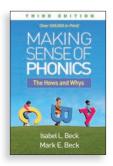
Vaughn • 254 July 2024



Accelerating the Literacy Performance of Bilingual Students

Evidence-Based Instruction in Grades K-6

García • 252 December 2024



Making Sense of Phonics

THIRD EDITION
The Hows and Whys

Beck • 238 September 2024



Power of Instructional Coaching in Context

A Systems View for Aligning Content and Coaching

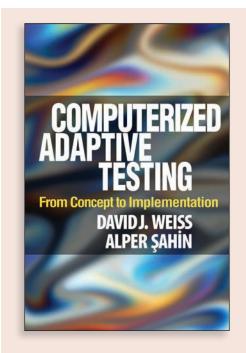
Ippolito • 276 February 2024



Tackling Tough Texts

A Research-Based Guide to Scaffolding Learning in Grades 6-12

Lupo • 252 November 2024

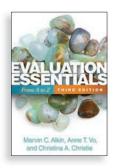


Computerized Adaptive Testing

From Concept to Implementation

Weiss • 360 • June 2024

- Computerized adaptive testing (CAT) is used worldwide in assessment and professional certification contexts and offers a powerful means to measure individual differences or make classifications.
- Provides a complete how-to guide for planning and implementing an effective CAT to create a test unique to each person in real time.
- Engaging multidisciplinary examples illustrate applications of CAT for measuring ability, achievement, proficiency, personality, attitudes, perceptions, patients' reports of their symptoms, and academic or clinical progress.

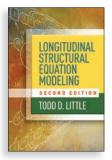


Evaluation Essentials, THIRD EDITION

From A to Z

Alkin • 346 • October 2024

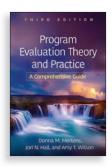
- Twenty-six concise chapters or "sessions" give students, applied researchers, and program administrators a solid foundation for conducting or using evaluations.
- Now in a revised and updated third edition, this book includes expanded coverage of equity and social justice issues, values and cost analysis, visualizing qualitative data with software, and more.



Longitudinal Structural Equation Modeling, SECOND EDITION

Little • 616 • January 2024

- This fully updated second edition equipped with user-friendly features and a companion website, presents the latest developments in longitudinal structural equation modeling (SEM).
- New chapters on missing data, the random intercepts cross-lagged panel model (RI-CLPM), longitudinal mixture modeling, and Bayesian SEM.

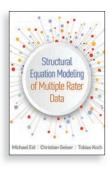


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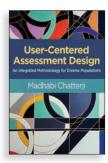
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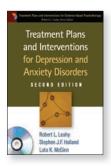
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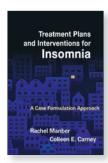
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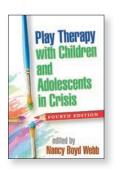
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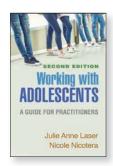
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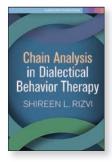
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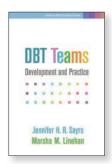
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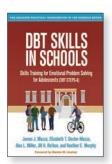
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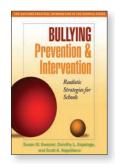
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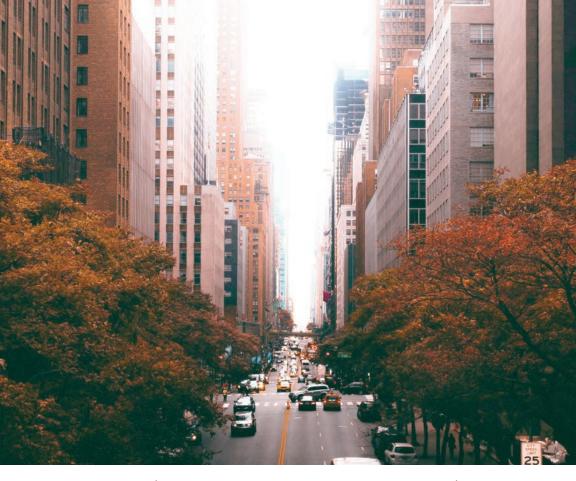
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