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College Textbooks
Health & Social Care,
Counselling, Mental Health
& Wellbeing and Nutrition



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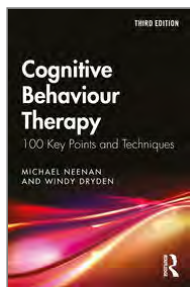
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3RD EDITION

Cognitive Behaviour Therapy

100 Key Points and Techniques



Michael Neenan, Windy Dryden

Series: 100 Key Points

Cognitive Behaviour Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of the very popular and evidence-based CBT approach within the field of psychotherapy. This compact, usable book is an essential guide for psychotherapists and counsellors, both trainee and qualified, who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies.

Routledge

December 2020:314

Hb: 978-0-367-68067-1: **£130**

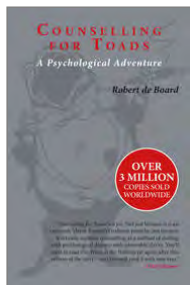
Pb: 978-0-367-68065-7: **£21.99**

eBook: 978-1-003-13405-3

* For full contents and more information, visit: www.routledge.com/9780367680657

Counselling for Toads

A Psychological Adventure



Robert de Board

Robert de Board's engaging account of Toad's experience of counselling will capture the imagination of the growing readership of people who are interested in counselling and the counselling process.

Routledge

November 1997:160

Hb: 978-1-138-41502-7: **£170**

Pb: 978-0-415-17429-9: **£24.99**

eBook: 978-0-203-13609-6

* For full contents and more information, visit: www.routledge.com/9780415174299

2ND EDITION

Developing Resilience

A Cognitive-Behavioural Approach



Michael Neenan

Developing Resilience shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity. Revised and updated throughout, this new edition provides useful guidance and advice on topics including: managing negative emotions; learning from past experiences; and maintaining a resilient outlook. The book will be essential for anyone trying to find ways forward in difficult times, as well as counsellors, coaches and therapists looking for guidance in helping their clients.

Routledge

July 2017:200

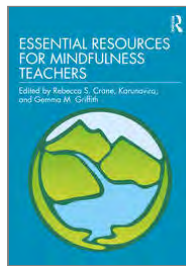
Hb: 978-0-415-79289-9: **£115**

Pb: 978-0-415-79291-2: **£21.99**

eBook: 978-1-315-18917-8

* For full contents and more information, visit: www.routledge.com/9780415792912

Essential Resources for Mindfulness Teachers



Edited by **Rebecca S. Crane, Karunavira, Gemma M. Griffith**

Essential Resources for Mindfulness Teachers offers the reader a wealth of knowledge about the explicit and implicit aspects of mindfulness-based teaching. The book is a core companion text for both trainees and established mindfulness-based teachers, and is a resource you will return to again and again.

Routledge

May 2021:268

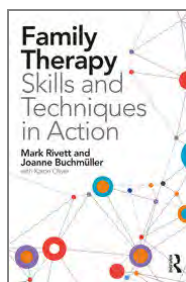
Hb: 978-0-367-33077-4: **£130**

Pb: 978-0-367-33079-8: **£21.99**

eBook: 978-0-429-31788-0

* For full contents and more information, visit: www.routledge.com/9780367330798

Family Therapy Skills and Techniques in Action



Mark Rivett, Joanne Buchmüller

Learning how to be a family therapist involves incorporating theory with practice. Family Therapy: Skills and techniques in action brings the theory and skills used by family therapists to life, providing a clear and concise introduction to different schools of family therapy and the contemporary development of the theory. Readers will also be able to see how the techniques look in a therapeutic setting through the use of a number of short video clips, available online. Aimed at both students of family therapy and those studying family therapy as part of their professional training, this is an indispensable, accessible text and a welcome addition to the field.

Routledge

October 2017:228

Hb: 978-1-138-83144-5: **£130**

Pb: 978-1-138-83143-8: **£32.99**

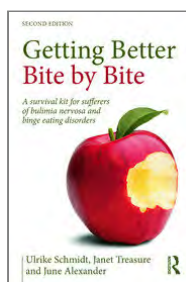
eBook: 978-1-315-72821-6

* For full contents and more information, visit: www.routledge.com/9781138831438

2ND EDITION

Getting Better Bite by Bite

A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders



Ulrike Schmidt, Janet Treasure, June Alexander

The first edition established itself as an essential, authoritative and evidence-based self-help programme for bulimia sufferers. Easy to read, and illustrated with many real-life examples, the new edition concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. It is updated throughout, reflecting current research in the field. Two new chapters provide: Guidance on the new evidence in the field, and how this informs the self-help guide, and practical advice on further avenues for self-help. Written by established experts in the field, this is a valuable resource - for sufferers, their families, and the professionals treating them.

Routledge

September 2015:182

Hb: 978-1-138-79740-6: **£120**

Pb: 978-1-138-79737-6: **£24.99**

eBook: 978-1-315-75401-7

* For full contents and more information, visit: www.routledge.com/9781138797376

How to Become a Counselling Psychologist



Elaine Kasket

Series: How to become a Practitioner Psychologist

Counselling Psychologists can play a fundamental and inspiring role in people's lives. In a confidential environment, their aim is to bring insight and resolution to psychological and emotional issues, increasing resilience and happiness as a result. But how do you qualify, and what sort of role is it? This is the first guide to this fascinating and growing profession, providing an overview of what the job involves, the educational and training route, and the issues anyone newly qualified will face. The book features testimonials from those working in the field, alternative career paths, and tips on how to make the most of opportunities available.

Routledge
June 2017:132
Hb: 978-1-138-94821-1: **£84.99**
Pb: 978-1-138-94824-2: **£16.99**
eBook: 978-1-315-66967-0

* For full contents and more information, visit: www.routledge.com/9781138948242

How to Run Reflective Practice Groups

A Guide for Healthcare Professionals



Arabella Kurtz

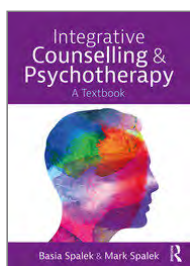
The book is a practical guide to facilitating reflective practice in groups for health and mental healthcare practitioners. Concerns about the impact of overstretched services on patient care and staff wellbeing have resulted in an increase of requests for staff in human services to run reflective practice groups and provide reflective supervision. Drawing on the author's extensive experience of facilitating reflective practice groups, and of training staff to run these groups in turn, the book provides plenty of examples that help practitioners make links with their own contexts and dilemmas.

Routledge
December 2019:168
Hb: 978-0-815-36213-5: **£110**
Pb: 978-0-815-36214-2: **£22.99**
eBook: 978-1-351-11299-4

* For full contents and more information, visit: www.routledge.com/9780815362142

Integrative Counselling and Psychotherapy

A Textbook



Basia Spalek, Mark Spalek

Integrative Counselling and Psychotherapy: A Textbook is an engaging and comprehensive guide to integrative counselling, providing an explanation of the theoretical ideas underpinning person-centred, interpersonal, cognitive-behavioural (CBT) and hypnotherapeutic modalities. With the help of case studies, exercises and chapter questions, this book will be essential reading for students on integrative counselling and psychotherapy courses and for integrative practitioners.

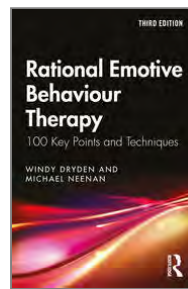
Routledge
May 2019:206
Hb: 978-1-138-30097-2: **£130**
Pb: 978-1-138-30101-6: **£35.99**
eBook: 978-0-203-73291-5

* For full contents and more information, visit: www.routledge.com/9781138301016

3RD EDITION

Rational Emotive Behaviour Therapy

100 Key Points and Techniques



Windy Dryden, Michael Neenan

Series: 100 Key Points

Rational Emotive Behaviour Therapy: 100 Key Points and Techniques presents 100 main features of Rational Emotive Behaviour Therapy (REBT) to help therapists improve their practice. This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice, ensuring a comprehensive understanding of the REBT approach.

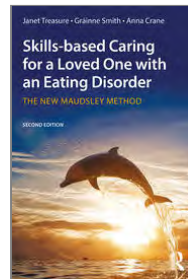
Routledge
December 2020:326
Hb: 978-0-367-67714-5: **£130**
Pb: 978-0-367-67713-8: **£22.99**
eBook: 978-1-003-13249-3

* For full contents and more information, visit: www.routledge.com/9780367677138

2ND EDITION

Skills-based Caring for a Loved One with an Eating Disorder

The New Maudsley Method



Janet Treasure, Gráinne Smith, Anna Crane

Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and help them break free from the traps that prevent recovery. Through a coordinated approach, it offers detailed techniques and strategies, which aim to improve professionals' and carers' ability to build continuity of support for loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas of caring. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

Routledge
July 2016:294
Hb: 978-1-138-82664-9: **£140**
Pb: 978-1-138-82663-2: **£28.99**
eBook: 978-1-315-73561-0

* For full contents and more information, visit: www.routledge.com/9781138826632

The Psychology of Counselling



Marie Percival

Series: The Psychology of Everything

The Psychology of Counselling explains the different approaches to therapy and how they are used in practice, giving information on what counselling can help with and what it cannot do. It looks at cognitive and behavioural therapies, psychoanalysis, and humanistic psychology, as well as exploring positive psychotherapy and the move away from a disease-based approach to counselling. The text sheds light on the therapeutic process, what it involves, and how it works, to help all those seeking assistance for relieving emotional or psychological issues and improving their psychological wellness.

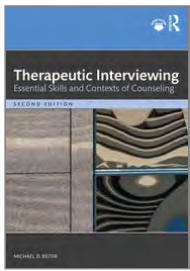
Routledge
April 2023:148
Hb: 978-1-032-05185-7: **£120**
Pb: 978-1-032-05180-2: **£12.99**
eBook: 978-1-003-19647-1

* For full contents and more information, visit: www.routledge.com/9781032051802

2ND EDITION

Therapeutic Interviewing

Essential Skills and Contexts of Counseling



Michael D. Reiter

This newly updated introductory textbook is designed to help students of psychotherapy and counseling build the foundational strategies and tools essential for engaging clients in a therapeutic interview. In this second edition, Michael D. Reiter interweaves a new framework, the Issue Cycle, to help students build a foundational template for engaging clients regardless of therapeutic model. Practical and accessible, this textbook shall be essential reading for students of psychotherapy and counseling, as well as training family therapists, social workers, and other mental health professionals.

Routledge

February 2022:414

Hb: 978-1-032-05067-6: **£130**Pb: 978-1-032-05066-9: **£39.99**

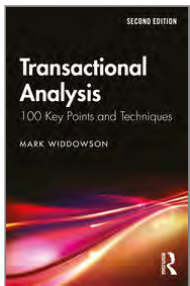
eBook: 978-1-003-19583-2

* For full contents and more information, visit: www.routledge.com/9781032050669

2ND EDITION

Transactional Analysis

100 Key Points and Techniques



Mark Widdowson

Series: 100 Key Points

The second edition of Transactional Analysis: 100 Key Points and Techniques synthesises developments in Transactional Analysis (TA) and psychotherapy research, making complex ideas accessible and offering therapists practical guidance on refining TA psychotherapy skills. This book is essential reading for trainee and beginner TA therapists, as well as experienced practitioners looking to update their field knowledge for a skilful and mindful application of this cohesive system of psychotherapy.

Routledge

November 2023:424

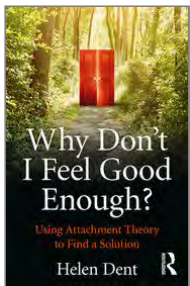
Hb: 978-1-032-45204-3: **£130**Pb: 978-1-032-45203-6: **£18.99**

eBook: 978-1-003-37589-0

* For full contents and more information, visit: www.routledge.com/9781032452036

Why Don't I Feel Good Enough?

Using Attachment Theory to Find a Solution



Helen Dent

An understanding of attachment theory and how our early relationships affect our adult relationships can help you to find the origin and solution to a range of problems. Bringing a wealth of therapeutic experience and the latest research on attachment theory, Helen Dent introduces the benefits of AT, particularly for those who struggle with everyday relationships and have difficulties managing their emotions. Using accessible language, and practical guidance such as real-life stories and questionnaires to help you locate your own 'attachment style', she provides the tools and guidance to help you move on and develop secure, positive attachments.

Routledge

September 2018:264

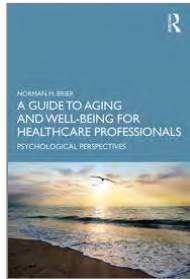
Hb: 978-1-138-94350-6: **£125**Pb: 978-1-138-94351-3: **£19.99**

eBook: 978-0-429-44696-2

* For full contents and more information, visit: www.routledge.com/9781138943513

A Guide to Aging and Well-Being for Healthcare Professionals

Psychological Perspectives



Norman M. Brier

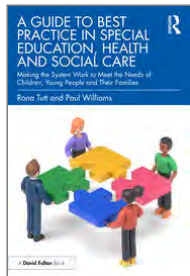
This book provides practical evidence-based strategies that will help clinicians across a broad range of disciplines to address and discuss the main issues an aging person is likely to face and overcome if he or she is to maintain a sense of well-being as they age. It is suitable for all health professionals who provide clinical services or advice to older adults including physicians, nurses, social workers, psychologists, physical therapists, occupational therapists, and audiologists.

Routledge
January 2020:138
Hb: 978-0-367-43062-7: **£110**
Pb: 978-0-367-43049-8: **£26.99**
eBook: 978-1-003-00102-7

* For full contents and more information, visit: www.routledge.com/9780367430498

A Guide to Best Practice in Special Education, Health and Social Care

Making the System Work to Meet the Needs of Children, Young People and Their Families



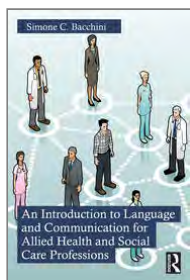
Rona Tutt, Paul Williams

A Guide to Best Practice in Special Education, Health and Social Care explores and explains the changes in governmental policies across the education, health and social care services, and what they mean for young individuals, parents and professionals. It not only fills in gaps in readers' knowledge about the working of all three services, but provides innovative examples of how change is happening at ground level. People of all age groups working in schools and seeking to enhance their knowledge will find this book to be an essential read. It will also be of interest to parents and professionals from across health and social care.

David Fulton Publishers
May 2023:184
Hb: 978-1-032-36676-0: **£120**
Pb: 978-1-032-36675-3: **£22.99**
eBook: 978-1-003-33320-3

* For full contents and more information, visit: www.routledge.com/9781032366753

An Introduction to Language and Communication for Allied Health and Social Care Professions



Simone C. Bacchini

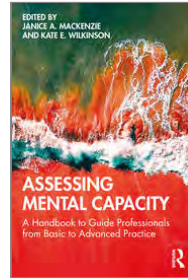
Bringing insights from linguistics to those without a background in this field, this book enables readers to better appreciate the ways in which language functions simultaneously as an instrument to encode and communicate meaning, build and sustain interpersonal relationships, and to express identity. An Introduction to Language and Communication for Allied Health and Social Care Professions is ideal as a core or supplementary textbook for students on degrees in public health, social work, social care, nursing, and other allied health professions who are taking courses in communication.

Routledge
July 2023:160
Hb: 978-0-367-17529-0: **£130**
Pb: 978-0-367-17531-3: **£34.99**
eBook: 978-0-429-05731-1

* For full contents and more information, visit: www.routledge.com/9780367175313

Assessing Mental Capacity

A Handbook to Guide Professionals from Basic to Advanced Practice



Edited by **Janice Mackenzie, Kate Wilkinson**

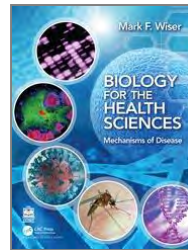
Clinicians and caring professionals are increasingly required to carry out assessments of mental capacity in their everyday practice. Assessing Mental Capacity provides a practical guide for all those required to carry out such assessments, considering the basics of capacity assessments, before discussing a variety of complex issues professionals will need to be aware of. Drawing on expertise from neuropsychologists, solicitors, and social workers, the book provides hands-on coverage of UK mental capacity law, how to make difficult decisions, and how to draw conclusions from capacity assessments.

Routledge
May 2020:444
Hb: 978-1-138-10274-3: **£130**
Pb: 978-1-138-10277-4: **£35.99**
eBook: 978-1-315-10344-0

* For full contents and more information, visit: www.routledge.com/9781138102774

Biology for the Health Sciences

Mechanisms of Disease



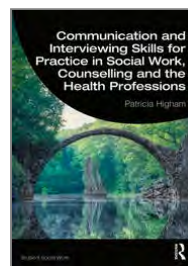
Mark F. Wisner

Biology is central to our understanding of health and disease and to the development of treatments, so its critical that health professionals have a solid grounding in the pathogenesis and mechanisms of disease processes. This new textbook draws these topics together, providing an accessible introduction across four central disciplines - basic biology, non-infectious disease, infectious disease, and biotechnology. Enhanced with plentiful illustrations, Biology for the Health Sciences is an essential companion for any student of the health sciences and for biological science students studying the causes of disease as part of a wider course.

Garland Science
June 2023:516
Hb: 978-1-032-35726-3: **£125**
Pb: 978-0-815-34586-2: **£49.99**
eBook: 978-1-003-32820-9

* For full contents and more information, visit: www.routledge.com/9780815345862

Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions



Patricia Higham

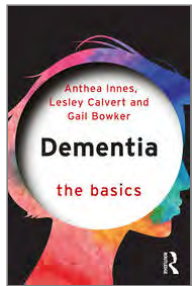
Series: *Student Social Work*

This book supports and develops the communication and interviewing skills of professional practitioners and student practitioners in social work, counselling, and the health professions. Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions will be of interest to all undergraduate and postgraduate social work students, as well as new and experienced professional health care practitioners.

Routledge
August 2019:214
Hb: 978-1-138-34293-4: **£130**
Pb: 978-1-138-34294-1: **£35.99**
eBook: 978-0-429-43949-0

* For full contents and more information, visit: www.routledge.com/9781138342941

Dementia: The Basics



Anthea Innes, Lesley Calvert, Gail Bowker

Series: The Basics

Dementia: The Basics provides the reader with a clear and compassionate introduction to dementia and an accessible guide to dealing with different parts of the dementia journey, from pre-diagnosis and diagnosis to post-diagnostic support, increasing care needs and end of life care. Offering both an accessible introduction to dementia and practical tools, this book will be ideal for health and social care professionals, students of social care, healthcare and nursing, people with dementia, carers, and anyone wanting to understand more about the condition.

Routledge

July 2020:180

Hb: 978-1-138-89775-5: **£94.99**

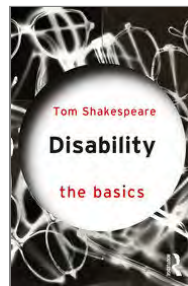
Pb: 978-1-138-89776-2: **£18.99**

eBook: 978-1-315-70900-0

* For full contents and more information, visit: www.routledge.com/9781138897762

Disability

The Basics



Tom Shakespeare

Series: The Basics

Disability: The Basics is an engaging and accessible introduction to disability which explores the broad historical, social, environmental, economic and legal factors which affect the experiences of those living with an impairment or illness in today's society. The book aims to provide readers with an understanding of the lived experiences of disabled people and highlight the problems and gaps that still exist in how society responds to the challenge of disability. This book is suitable for students of disability studies as well as students taking a disability module as part of a wider course within social work, health care, sociology, nursing, policy and media studies.

Routledge

August 2017:196

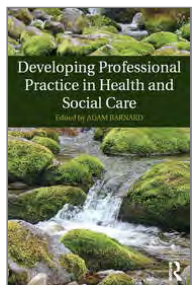
Hb: 978-1-138-65138-8: **£94.99**

Pb: 978-1-138-65139-5: **£19.99**

eBook: 978-1-315-62483-9

* For full contents and more information, visit: www.routledge.com/9781138651395

Developing Professional Practice in Health and Social Care



Edited by Adam Barnard

Addressing the changing world of professionalism, this text combines theory, research and practice to investigate the process of becoming professional. Mapping the journey from allied or associate practitioner positions through qualifying and into advanced practitioner status, it is a valuable companion for health and social care, social work and allied health students from the beginning of their studies. It emphasises how health and social care practitioners can contribute to social justice and challenging social exclusion and includes case studies, reflective exercises and activities, chapter aims and summaries and further reading boxes throughout.

Routledge

June 2017:304

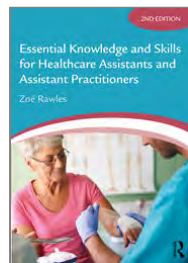
Hb: 978-1-138-80671-9: **£175**

Pb: 978-1-138-80672-6: **£38.99**

eBook: 978-1-315-75153-5

* For full contents and more information, visit: www.routledge.com/9781138806726

Essential Knowledge and Skills for Healthcare Assistants and Assistant Practitioners



Zoë Rawles

This fully updated and revised edition is a practical and comprehensive textbook for healthcare assistants and assistant practitioners, designed to equip you with the necessary clinical skills for your profession. Providing the knowledge to provide the safest and most effective patient care possible, it is mapped to the National Occupational Standards and the Care Certificate Standards and addresses the evolving role of the healthcare assistant and training opportunities. It includes new chapters on administering injections, ear irrigation and examining the feet of people with diabetes and an entirely rewritten chapter on protocols.

Routledge

April 2019:254

Hb: 978-1-138-09355-3: **£130**

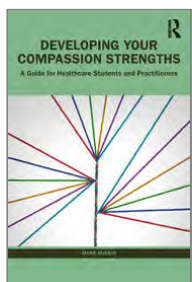
Pb: 978-1-138-09356-0: **£27.99**

eBook: 978-1-315-10675-5

* For full contents and more information, visit: www.routledge.com/9781138093560

Developing Your Compassion Strengths

A Guide for Healthcare Students and Practitioners



Mark Durkin

This practical book suggests ways in which healthcare students and practitioners can develop their compassion strengths. Highlighting the concept of compassion strengths, and compassion as a way of being, this is an essential read for healthcare students and practitioners, whether involved in direct patient care or management.

Routledge

April 2023:198

Hb: 978-1-032-23245-4: **£120**

Pb: 978-1-032-23208-9: **£34.99**

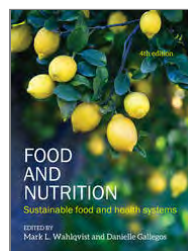
eBook: 978-1-003-27642-5

* For full contents and more information, visit: www.routledge.com/9781032232089

4TH EDITION

Food and Nutrition

Sustainable food and health systems



Edited by Mark L Wahlqvist

A comprehensive introduction to human nutrition, setting it in the context of food systems and health across the lifespan. This leading text has been totally rewritten for this fourth edition to reflect the new imperatives of food security in the context of climate change.

Routledge

February 2020:760

Hb: 978-0-367-71809-1: **£130**

Pb: 978-1-760-29610-0: **£34.99**

eBook: 978-1-003-11565-6

* For full contents and more information, visit: www.routledge.com/9781760296100

Foundations for 21st-Century Health and Social Care

Theory and Practice for Nursing Associates, Assistant Practitioners, Support Workers and Beyond



Edited by **Lisa Arai**

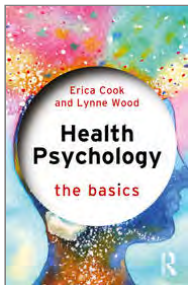
This comprehensive text introduces health and social care theory and practice for students studying at foundation degree level, including those on nursing associate and assistant practitioner pathways. Clearly presented and reader-friendly, this textbook is an essential companion for health and social care students, including nursing associates and assistant practitioners.

Routledge
November 2023:250
Hb: 978-1-032-05611-1: £130
Pb: 978-1-032-05600-5: £29.99
eBook: 978-1-003-19833-8

* For full contents and more information, visit: www.routledge.com/9781032056005

Health Psychology

The Basics



Erica Cook, Lynne Wood

Series: *The Basics*

This accessible primer on health psychology covers the key theories and models of the discipline. Through the use of real-life case studies and examples, it covers a broad range of topics related to the field of health psychology including; health promotion, risky health behaviour and health in healthcare settings. It explains how health psychology serves to not only promote positive health and reduce maladaptive health behaviours, but also support those who are chronically ill. It is an essential introductory text suitable for students, professionals and general readers interested in this important and emerging topic area.

Routledge
December 2020:266
Hb: 978-1-138-21368-5: £94.99
Pb: 978-1-138-21369-2: £18.99
eBook: 978-1-315-44776-6

* For full contents and more information, visit: www.routledge.com/9781138213692

Healthcare Support Workers

A Practical Guide for Training and Development



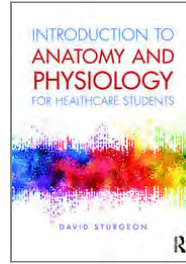
Richard Griffin

NHS support workers, such as nursing Healthcare Assistants, Maternity Support Workers, and Therapy Assistants, often provide the majority of face-to-face care to patients, clients and their families. This accessible guide explores the issues underpinning their recruitment, training, management, development and progression. Drawing on the latest research, and practice, including the author's own experience, this book is an important resource for all those educating, managing or recruiting unregistered healthcare practitioners. It will also provide invaluable guidance to healthcare support workers interested in progressing their careers.

Routledge
August 2022:234
Hb: 978-1-032-17059-6: £130
Pb: 978-1-032-17058-9: £35.99
eBook: 978-1-003-25162-0

* For full contents and more information, visit: www.routledge.com/9781032170589

Introduction to Anatomy and Physiology for Healthcare Students



David Sturgeon

This book provides a highly accessible introduction to anatomy and physiology. Written for students studying the subject for the first time, it covers the human body from the atomic and cellular levels through to all the major systems and including chapters on blood and immunity and homeostasis. By the end of each chapter, the reader will understand and be able to explain how the structures and systems described are organised and contribute to the maintenance of health. Complete with self-test questions, full colour illustrations and a comprehensive glossary, it is an essential read for all nursing and healthcare students in both further and higher education.

Routledge
March 2018:324
Hb: 978-1-138-68386-0: £145
Pb: 978-1-138-68387-7: £38.99
eBook: 978-1-315-54429-8

* For full contents and more information, visit: www.routledge.com/9781138683877

2ND EDITION

Key Themes in Health and Social Care

A Companion to Learning



Edited by **Adam Barnard, Verusca Calabria, Louise Griffiths**

This revised and expanded second edition of Key Themes in Health and Social Care is a learning resource for students in health and social care. It provides an overview of foundational issues and core themes in the field and introduces key areas of debate, moving from an introductory level to in-depth discussion as the book progresses. Time-pressed readers wanting to 'dip into' the book for relevant areas can do so but, read from cover to cover, the book provides a comprehensive introduction to the key areas of contemporary health and social care practice. It will be particularly helpful for students undertaking health and social care undergraduate and foundation degrees.

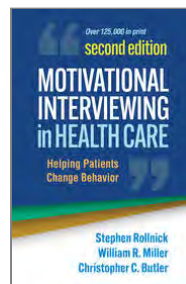
Routledge
April 2023:350
Hb: 978-0-367-52934-5: £120
Pb: 978-0-367-52932-1: £32.99
eBook: 978-1-003-07987-3

* For full contents and more information, visit: www.routledge.com/9780367529321

2ND EDITION

Motivational Interviewing in Health Care, Second Edition

Helping Patients Change Behavior



Stephen Rollnick, William R. Miller, Christopher C. Butler

Series: *Applications of Motivational Interviewing*

The definitive guide to motivational interviewing (MI) for health care practitioners has been completely revised to reflect important developments and make the approach even more accessible. When it comes to helping patients manage chronic and acute conditions and make healthier choices in such areas as medication adherence, smoking, diet, and preventive care, good advice alone is not enough. This book shows how MI can transform conversations about change. Even brief clinical interactions can serve to build trust, clarify patients' goals as well as reasons for ambivalence, and guide them to take positive steps. Featuring sample dialogues, tips, and scripts, most of the book is entirely new.

Guilford Press
October 2022:216
Hb: 978-1-462-55038-8: £44.99
Pb: 978-1-462-55037-1: £29.99

* For full contents and more information, visit: www.routledge.com/9781462550371

Nursing Older People

Realities of Practice



Edited by **Heather Elbourne, Andrée le May**

This practical guide helps student and practicing nurses to understand the impact of their care when working with older people. With stories from older people who have had varied experiences of health care and nursing, chapters are underpinned by five key principles: providing patient-centered and dignified care, shared decision making involving family and friends, multi-disciplinary care, improving mental wellbeing through companionship and a sense of value, and an appreciation of both the challenges and rewards of working with older people.

Routledge

July 2019:126

Hb: 978-0-367-33143-6: **£130**

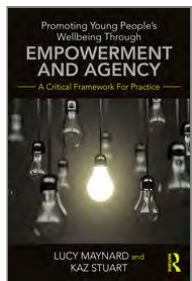
Pb: 978-1-498-73517-9: **£35.99**

eBook: 978-1-315-11612-9

* For full contents and more information, visit: www.routledge.com/9781498735179

Promoting Young People's Wellbeing through Empowerment and Agency

A Critical Framework for Practice



Lucy Maynard, Karen Stuart

This book bridges the theory-practice divide, offering a clear and definitive guide to concepts and practical ways to develop young people's wellbeing. It examines the concept of wellbeing and its intrinsic relationship to social justice both theoretically and through case study material, and locates these practices within critical pedagogy. This book will benefit students and practitioners who work with young people to realise wellbeing and to embed critical pedagogy in their practice. It also provides a frame of reference to critically engage in policy analysis and is essential reading for social workers, teachers, police support officers and anyone working to empower young people.

Routledge

September 2017:182

Hb: 978-1-138-93718-5: **£130**

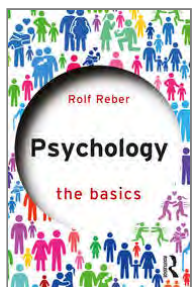
Pb: 978-1-138-93719-2: **£35.99**

eBook: 978-1-315-67641-8

* For full contents and more information, visit: www.routledge.com/9781138937192

Psychology

The Basics



Rolf Reber

Series: *The Basics*

Psychology is the science of mind and behaviour. This compact introduction to the basic principles is the ideal primer for anyone looking for an accessible overview of this fascinating subject. Illustrating how everyday behaviours can be explained through these fundamental tenets, the book covers the core areas of cognitive, developmental and social psychology, as well as behaviorism, the brain, our emotions, personality and individual differences, and psychological disorders. Including further reading in each chapter for those wishing to go further, this book shows how Psychology can explain not only how we perceive the world, but also how we behave in it. It is the perfect introduction.

Routledge

November 2019:194

Hb: 978-1-138-55225-8: **£94.99**

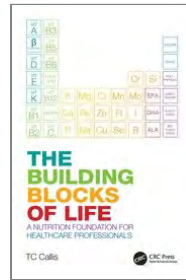
Pb: 978-1-138-55226-5: **£18.99**

eBook: 978-1-315-14804-5

* For full contents and more information, visit: www.routledge.com/9781138552265

The Building Blocks of Life

A Nutrition Foundation for Healthcare Professionals



TC Callis

This book outlines nutrition basics and nutritional issues for primary healthcare practitioners providing potential solutions or support for a range of health concerns.

CRC Press

March 2023:302

Hb: 978-1-032-27112-5: **£150**

Pb: 978-1-032-27111-8: **£24.99**

eBook: 978-1-003-29140-4

* For full contents and more information, visit: www.routledge.com/9781032271118

The Psychology of Exercise



Josephine Perry

Series: *The Psychology of Everything*

Do we exercise enough? Why should we exercise? Can everyone exercise? The Psychology of Exercise explores the key theories, ideas and impacts of life stages on exercise behaviours. Perry explores the barriers and motivators to exercise for children, adolescents, adults and retirees. The book also considers the impacts of social class, gender and ethnicity on the exercise habits and behaviours of people within each age group. Using real-life case studies and expert opinions, Perry considers the importance of exercise in light of major health changes and crisis.

Routledge

October 2020:130

Hb: 978-0-367-37082-4: **£130**

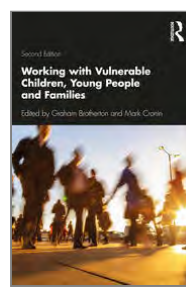
Pb: 978-0-367-37084-8: **£12.99**

eBook: 978-0-429-35261-4

* For full contents and more information, visit: www.routledge.com/9780367370848

2ND EDITION

Working with Vulnerable Children, Young People and Families



Edited by **Graham Brotherton, Mark Cronin**

This fully revised and expanded edition considers the meaning of 'vulnerability' – a key concept in early intervention – and the relationship between vulnerability and the individual, communities and society. It includes new chapters on children's voices, young people and vulnerability, and working with vulnerable parents. Supporting students in engaging with and evaluating the conceptualisation and application of vulnerability in professional practice, this book is suitable for anyone either preparing for or currently working within the children's workforce, from social work and health care to education and youth work.

Routledge

October 2020:206

Hb: 978-0-367-15123-2: **£130**

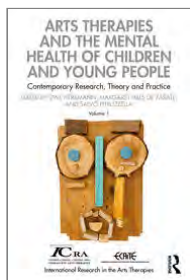
Pb: 978-0-367-15124-9: **£35.99**

eBook: 978-0-429-05521-8

* For full contents and more information, visit: www.routledge.com/9780367151249

Arts Therapies and the Mental Health of Children and Young People

Contemporary Research, Theory and Practice, Volume 1



Edited by **Uwe Herrmann, Margaret Hills de Zárate, Salvo Pitruzzella**

Series: *International Research in the Arts Therapies*

Arts Therapies and The Mental Health of Children and Young People presents innovative research and practice in the arts therapies. It draws on different cultural contexts and developmental age groups and illustrates how art, music, drama, dance movement or play therapists have worked therapeutically in response to children's and young people's needs. This book will be of great interest to arts therapists as well as academics and post graduate students in the fields of arts therapies, social work, psychotherapy, health psychology and education.

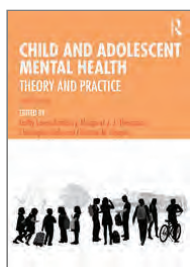
Routledge
May 2021:174
Hb: 978-0-367-45667-2: **£130**
Pb: 978-1-032-01157-8: **£35.99**
eBook: 978-1-003-02466-8

* For full contents and more information, visit: www.routledge.com/9781032011578

3RD EDITION

Child and Adolescent Mental Health

Theory and Practice



Edited by **Cathy Laver-Bradbury, Margaret J.J. Thompson, Christopher Gale, Christine M. Hooper**

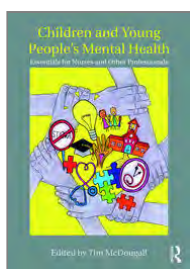
This textbook provides an overview of child and adolescent mental health. The text covers all core aspects of the subject, from the importance of knowing why mental health in children is important, to how to assess, formulate and treat a variety of presentations seen in children and young people. Featuring authors from a variety of clinical and research backgrounds, this fully-revised third edition is an important resource for all professionals working with children, young people, and their families, including student and practitioner psychiatrists, clinical psychologists, mental health nurses and social care specialists.

CRC Press
May 2021:706
Hb: 978-0-367-53739-5: **£130**
Pb: 978-0-367-53738-8: **£48.99**
eBook: 978-1-003-08313-9

* For full contents and more information, visit: www.routledge.com/9780367537388

Children and Young People's Mental Health

Essentials for Nurses and Other Professionals



Edited by **Tim McDougall**

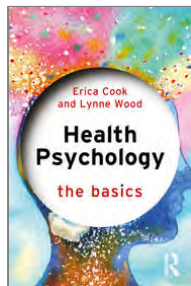
This second edition of Mental Health Nursing for Children and Young People equips nurses and healthcare professionals with the essential skills and competencies needed when working with this important group of people. It explores best practice in a variety of settings and addresses issues such as eating disorders, self-harm, ADHD, forensic mental health issues and misuse of drugs and alcohol, as well as child protection, clinical governance, safeguarding and legal requirements. It is essential reading for all health and social care professionals and students working with children and young people, particularly those working in specialist child and adolescent mental health settings.

Routledge
September 2016:276
Hb: 978-1-138-91544-2: **£160**
Pb: 978-1-138-91545-9: **£39.99**
eBook: 978-1-315-69022-3

* For full contents and more information, visit: www.routledge.com/9781138915459

Health Psychology

The Basics



Erica Cook, Lynne Wood

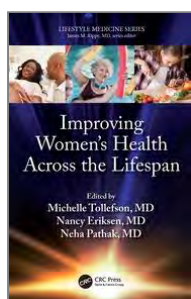
Series: *The Basics*

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Routledge
December 2020:266
Hb: 978-1-138-21368-5: **£94.99**
Pb: 978-1-138-21369-2: **£18.99**
eBook: 978-1-315-44776-6

* For full contents and more information, visit: www.routledge.com/9781138213692

Improving Women's Health Across the Lifespan



Edited by **Michelle Tollefson, Nancy Eriksen, Neha Pathak**

Series: *Lifestyle Medicine*

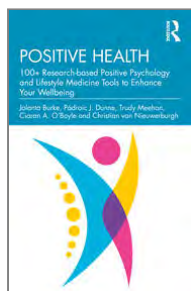
The book is an evidence-based source of information on women's health issues for health professionals already practicing lifestyle medicine, as well as an entry level textbook for those new to the field of lifestyle medicine. The collective expertise of each of the editors along with content provided by leaders within the American College of Lifestyle Medicine fills a much-needed void within the specialty of Lifestyle Medicine and is for providers of women's health globally.

CRC Press
October 2021:520
Hb: 978-0-367-62763-8: **£145**
Pb: 978-0-367-62762-1: **£56.99**
eBook: 978-1-003-11068-2

* For full contents and more information, visit: www.routledge.com/9780367627621

Positive Health

100+ Research-based Positive Psychology and Lifestyle Medicine Tools to Enhance Your Wellbeing



Jolanta Burke, Pádraic J. Dunne, Trudy Meehan, Ciaran A. O'Boyle, Christian van Nieuwerburgh

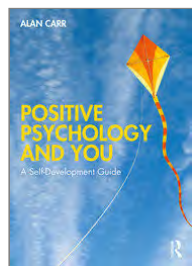
This comprehensive compendium offers a wealth of evidence-based tools that can boost both physical and mental wellbeing throughout the lifespan. Filled with over 100 activities to help you live a good life, this book is the first of its kind to integrate the latest research from the fields of positive psychology and lifestyle medicine. Striking an expert balance between theory and practice, the book first reviews what is known about positive psychology and health, presenting a new approach to holistic well-being. It then goes on to provide 100+ tools designed to increase physical, mental and social health and well-being, and also to decrease the risk of illness and disease.

Routledge
September 2022:232
Hb: 978-1-032-24639-0: **£130**
Pb: 978-1-032-24638-3: **£35.99**
eBook: 978-1-003-27959-4

* For full contents and more information, visit: www.routledge.com/9781032246383

Positive Psychology and You

A Self-Development Guide



Alan Carr

This broad and innovative self-development guide shows readers how they can use scientific findings from contemporary positive psychology to enhance their lives. Containing dozens of practical exercises and real-life examples, it helps bring positive psychology findings from the lab into day-to-day life. This non-technical and highly accessible book will be of interest to those from all backgrounds with an interest in self-development, as well as mental health workers and related professionals.

Routledge

August 2019:428

Hb: 978-0-367-22434-9: £115

Pb: 978-0-367-22435-6: £24.99

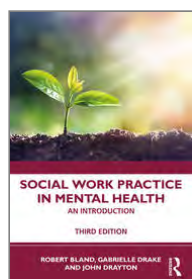
eBook: 978-0-429-27485-5

* For full contents and more information, visit: www.routledge.com/9780367224356

3RD EDITION

Social Work Practice in Mental Health

An Introduction



Robert Bland, Gabrielle Drake, John Drayton

This new edition of Social Work Practice in Mental Health builds on the underpinning principles of the previous editions, whilst reflecting how the context for practice has steadily evolved. This book will be essential reading for social work students, and an invaluable resource for practitioners in social work and mental health.

Routledge

March 2021:300

Hb: 978-0-367-71004-0: £130

Pb: 978-1-760-52949-9: £34.99

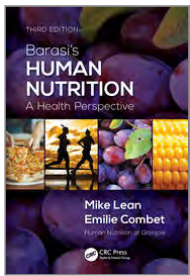
eBook: 978-1-003-14891-3

* For full contents and more information, visit: www.routledge.com/9781760529499

3RD EDITION

Barasi's Human Nutrition

A Health Perspective, Third Edition

**Michael EJ Lean, Emilie Combet**

Barasi's Human Nutrition: A Health Perspective, Third Edition, provides a comprehensive introduction to the principles and practice of nutrition. Thoroughly revised, restructured, and updated, this new edition presents up-to-date scientific information in an accessible and reader-friendly format, emphasising how important nutrition is for evidence across the full translational health spectrum, from epidemiology and basic sciences through clinical and public health applications, and ultimately into sustainable public policy.

CRC Press

September 2016:482

Hb: 978-1-138-45488-0: £175

Pb: 978-1-444-13720-0: £38.99

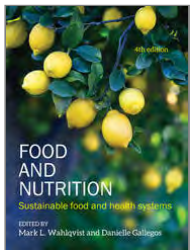
eBook: 978-1-315-38072-8

* For full contents and more information, visit: www.routledge.com/9781444137200

4TH EDITION

Food and Nutrition

Sustainable food and health systems

*Edited by* **Mark L Wahlqvist**

A comprehensive introduction to human nutrition, setting it in the context of food systems and health across the lifespan. This leading text has been totally rewritten for this fourth edition to reflect the new imperatives of food security in the context of climate change.

Routledge

February 2020:760

Hb: 978-0-367-71809-1: £130

Pb: 978-1-760-29610-0: £34.99

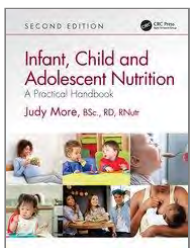
eBook: 978-1-003-11565-6

* For full contents and more information, visit: www.routledge.com/9781760296100

2ND EDITION

Infant, Child and Adolescent Nutrition

A Practical Handbook

**Judy More**

Infant, Child and Adolescent Nutrition: A Practical Guide, Second Edition, is an evidence-based, practical guide introducing readers to the theory behind optimal child nutrition. Containing practical advice on how to put that theory into practice, this new edition facilitates learning through case studies, key points, and learning activities. Divided into seven sections, chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18. It serves as a useful reference for individuals responsible for the nutritional health of children in primary care and community settings.

CRC Press

June 2021:308

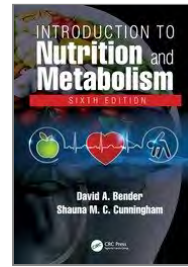
Hb: 978-0-367-55456-9: £82.99

Pb: 978-0-367-55455-2: £44.99

eBook: 978-1-003-09365-7

* For full contents and more information, visit: www.routledge.com/9780367554552

6TH EDITION

Introduction to Nutrition and Metabolism**David A Bender, Shauna M C Cunningham**

Introduction to Nutrition and Metabolism equips readers with an understanding of the scientific basis of what we call a healthy diet. Now in its sixth edition, this highly recognized textbook provides clear explanations of how nutrients are metabolized and gives explains the principles of biochemistry needed for comprehending the science of nutrition. This full-color textbook explores the uses to which food is put in the body and the interactions between health and diet. Outlining the scientific basis behind nutritional requirements and recommendations, this new edition has been extensively revised to reflect current knowledge.

CRC Press

February 2021:452

Hb: 978-0-367-68815-8: £170

Pb: 978-0-367-19081-1: £66.99

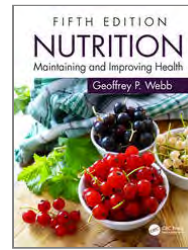
eBook: 978-1-003-13915-7

* For full contents and more information, visit: www.routledge.com/9780367190811

5TH EDITION

Nutrition

Maintaining and Improving Health

**Geoffrey P. Webb**

This book contains in-depth and critical reviews of the methods used to evaluate nutritional intakes/status and the observational and experimental used to investigate putative links between dietary factors and health outcome. It covers the role of food as a source of energy and nutrients while discussing the non-nutritional roles of food and the social and psychological factors that influence food choice. Presenting a critical discussion on the value of nutrition research linking specific foods or nutrients to specific diseases encourages students to question the value of some current nutrition research.

CRC Press

November 2019:676

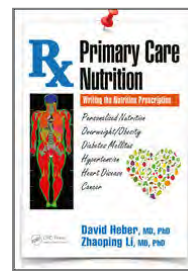
Hb: 978-0-367-36939-2: £150

Pb: 978-0-815-36241-8: £56.99

eBook: 978-1-351-05807-0

* For full contents and more information, visit: www.routledge.com/9780815362418**Primary Care Nutrition**

Writing the Nutrition Prescription

**David Heber, Zhaoping Li**

Primary care physicians work in settings with limited time and resources making them unable to incorporate nutritional advice into daily practices. This book provides practical applications of proper nutrition practices in disease management, prevention, and treatment. Chapters cover the role of dietary supplements; approach the overweight/obese patient; food addiction, food allergy, and food intolerance; type two diabetes mellitus; managing diabetes without weight gain; nutrition and coronary artery disease; lipid disorders; fatty liver; heart failure; immune function; hypertension; cancer; neurodegenerative disorders and cognitive impairment; and personalized nutrition

CRC Press

June 2017:392

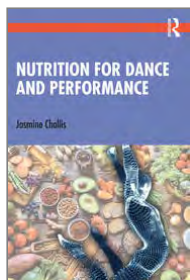
Hb: 978-1-498-74833-9: £150

Pb: 978-1-138-06226-9: £46.99

eBook: 978-1-315-15216-5

* For full contents and more information, visit: www.routledge.com/9781138062269

Nutrition for Dance and Performance



Jasmine Challis

With an in-depth and extensive coverage on all nutrition topics relevant to dancers, this textbook covers nutrition for the scenarios dancers face, including day to day training and rehearsals, peak performance, injuries, immunonutrition, nutrition and stress management. This book guides the reader through the macronutrients making up the diet, their chemical structure and their role in health and optimal performance.

Routledge

June 2023: 318

Hb: 978-1-032-11243-5: **£120**

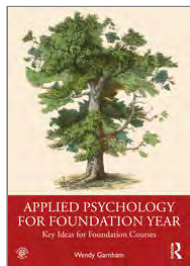
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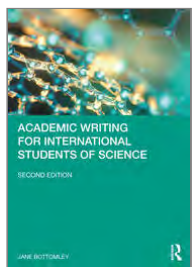
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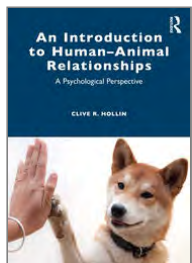
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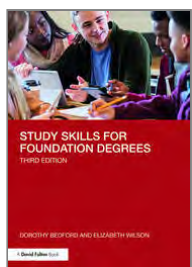
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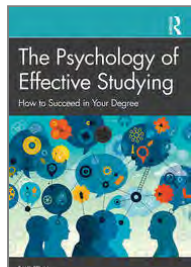
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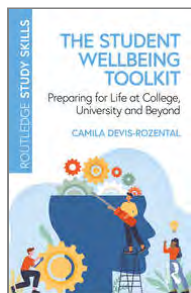
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