

# Psychology, Counselling & Psychotherapy

## 2006 - 2007

Introductory Psychology

Health Psychology

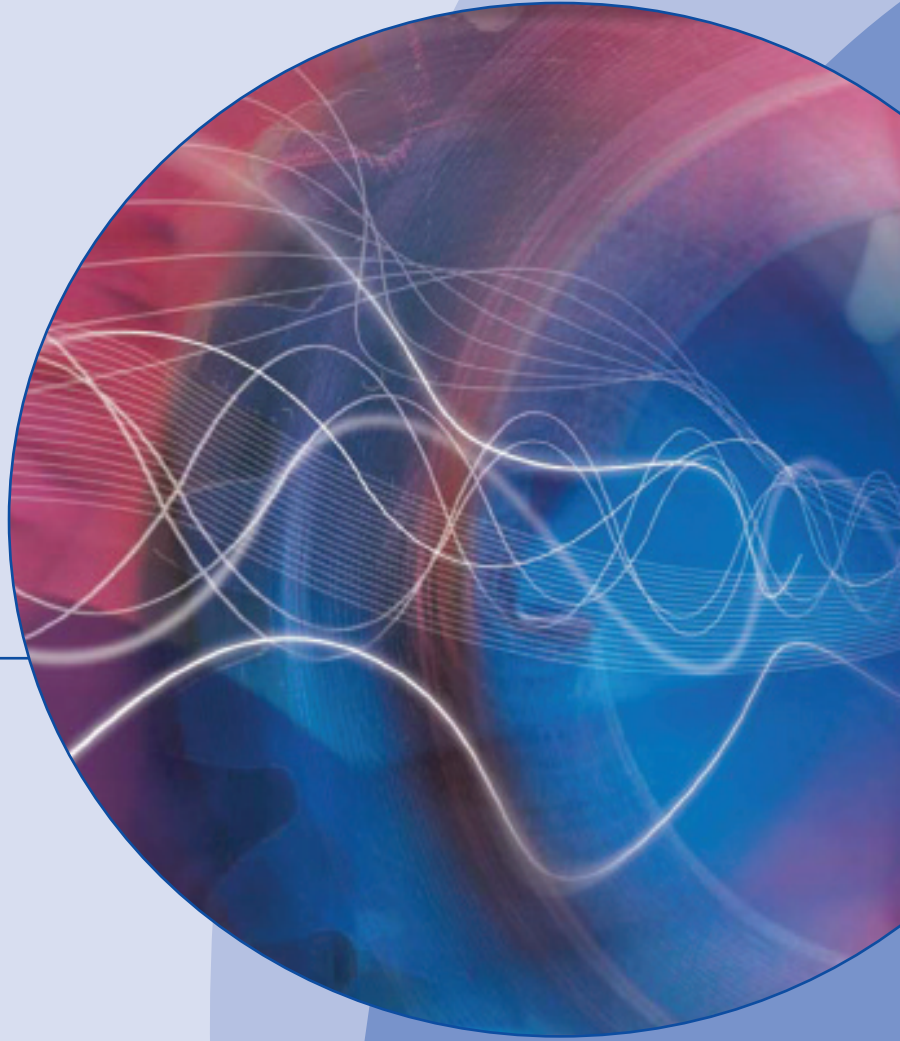
Social Psychology

Research Methods

Counselling Skills

Therapies

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# Contents

- 1 Introductory Psychology
- 2 Psychology & the Health Professions
- 3 Health Psychology
- 6 Gender, Sexuality & Related Issues
- 6 Work & Organizational Psychology
- 7 Social Psychology
- 9 Social & Applied Psychology
- 10 Applied & Cognitive Psychology
- 10 Research Methods
- 14 Supervision, Groupwork & Coaching
- 15 Coaching Skills
- 16 Introductory Counselling & Psychotherapy
- 16 Counselling Skills
- 18 Counselling & Psychotherapy
- 20 Race & Counselling
- 20 Ethics
- 21 Core Concepts in Therapy
- 22 Therapies
- 24 Index

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## Contacts

### Editorial

Email: [enquiries@openup.co.uk](mailto:enquiries@openup.co.uk)

### Marketing

Lin Gillan, Product Manager  
Tel: + 44 (0) 1628 502163  
Email: [lin\\_gillan@mcgraw-hill.com](mailto:lin_gillan@mcgraw-hill.com)

### Rights and International Sales

Amy Blower  
Tel: + 44 (0) 1628 502572  
Email: [amy\\_blower@mcgraw-hill.com](mailto:amy_blower@mcgraw-hill.com)

### Sales Representatives

Tel: + 44 (0) 1628 502500  
Fax: + 44 (0) 1628 770224  
Email: [enquiries@openup.co.uk](mailto:enquiries@openup.co.uk)

For all other enquiries please email [enquiries@openup.co.uk](mailto:enquiries@openup.co.uk) or telephone +44 (0) 1628 502179


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## NEW Abnormal and Clinical Psychology An Introductory Textbook

Paul Bennett

University of Swansea and Independent Consultant, UK.

Praise for the first edition:

**"...The breadth of coverage, depth of analysis and scholarship of interpretation are admirable. This textbook will undoubtedly be widely read, routinely consulted and frequently cited by psychologists, psychiatrists and nurses."** - Dr Peter Kinderman, Reader in Clinical Psychology, Liverpool University

**"Paul Bennett provides an authoritative review of concepts, models and treatments of common psychological disorders...The text is well illustrated by interesting case material, including clients' own accounts and is also well grounded in clinical practice. Bennett has included reviews of the impact of social disadvantage, gender and cultural diversity on mental health and discusses their implications for interventions and prevention...Abnormal and Clinical Psychology provides an excellent basis for undergraduate abnormal psychology teaching across the health care disciplines"**. - Professor Graham Turpin, Director, Clinical Psychology Unit, University of Sheffield

The previous edition of this book provided the first credible European alternative to the long-established US texts in the field, offering:

- A concise and authoritative introduction to a range of conceptual models of mental health problems and their treatment
- An in-depth understanding and critical evaluation of these models
- Illuminating patient accounts
- Clear links between experiences of people with mental health problems and psychological theory

Building on the success of the first edition, Paul Bennett has extensively updated the research and therapeutic approaches explored in each chapter to include:

- In-depth coverage of the aetiology of conditions
- Links to the DSM-IV diagnostic criteria
- Coverage of cross-cultural issues and case studies
- New material on somatoform disorders

This edition offers new features to aid student learning: "Research boxes" consider recent and important research studies, outlining the background, methods, and results; "Thinking about" features identify current controversies or issues of particular importance in order to encourage readers to form their own opinions of the issues raised.

*Abnormal and Clinical Psychology* is key reading for lecturers and students in psychology and across the health disciplines.

**Contents:** Acknowledgements / **Part one: Background and methods** / Introduction / *The psychological Perspective* / *Biological explanations and treatments* / *Beyond the individual* / **Part two: Specific issues** / *Somatoform disorders* / *Schizophrenia* / *Anxiety disorders* / *Mood disorders* / *Trauma-related conditions* / *Sexual disorders* / *Personality disorders* / *Eating disorders* / *Developmental disorders* / *Neurological disorders* / *Addictions* / *Glossary* / *References* / *Index*.

IC September 2006 512PP

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2ND EDITION



## NEW Essential Readings in Health Psychology

Jane Ogden

See page 3



## NEW Developing a Coaching Business

Jenny Rogers

See page 15



## NEW Brief Counselling

Colin Feltham and Windy Dryden

See page 17

## Introduction to Clinical Health Psychology

Paul Bennett

University of Swansea and Independent Consultant, UK.

**"...highly recommended to all interested in gaining fundamental exposure in the area"** - *Journal of Health Psychology*

*Introduction to Clinical Health Psychology* integrates psychological theory with the practice of health and clinical psychology in the hospital and in the broader context of health care. It considers both clinical interventions and those of a non-clinical nature that also impact on patients and health-care workers. In doing so, it addresses the developing curriculum for health psychologists' professional training as well as the more established role of clinical psychologists. It provides essential reading in an increasingly significant and expanding field.

This authoritative textbook is designed for use by final year undergraduates, those engaged in training for both clinical and health psychology, and practitioners.

IC 2000 272PP

0 335 20497 X (EAN: 9 780335 204977) Paperback £24.99

BESTSELLER

## Approaches to Psychology

**BESTSELLER**  
4TH EDITION

William E. Glassman and Marilyn Hadad  
Both at Ryerson University, Toronto, Canada.

Review of the Third Edition

*"Nowhere else is there such thorough coverage of the major perspectives in their historical context. Glassman's clear, consistent and utterly coherent style provides interest through anecdotes, fables, everyday experiences and concrete psychological research examples."* - *The Times Higher Education Supplement*

This revised and expanded edition of *Approaches to Psychology* builds on the wide appeal of the earlier editions. It explains what the discipline of psychology is, how it developed and how it can contribute to the understanding of human behaviour and experience.

This book introduces students to the five major conceptual frameworks or "approaches" to psychology: biological, behaviourist, cognitive, psychodynamic and humanistic. The methods, theories and assumptions of each approach is explored so that the reader builds an understanding of psychology as it applies to human development, social and abnormal behaviour.

New to this edition:

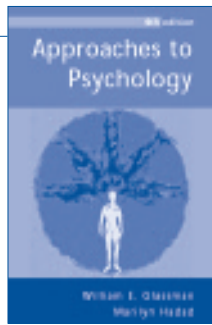
- Brand new layout with more illustrations and two colour design
- Case studies that run throughout the book
- Increased coverage of social psychology
- Enhanced treatment of cross-cultural issues
- New work on evolutionary psychology

Features:

- Overview of key methods of psychological research
- Student friendly pedagogy including discussion points and queries
- Annotated suggestions for further reading clear chapter summaries, key terms and concepts defined in context
- Extensive glossary and bibliography
- Online Learning Centre (OLC) with student support material and instructor test bank

This clear and concise exploration of psychology is key reading for students new to the discipline.

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## Social Science for Nurses and the Caring Professions

SERIES EDITOR: PAMELA ABBOTT

### Psychology for Nurses and the Caring Professions

**BESTSELLER**  
2ND EDITION

Jan Walker, Sheila Payne, Paula Smith and Nikki Jarrett

University of Southampton; University of Sheffield; University of Sheffield; University of Southampton, UK.

The second edition of this text takes account of the considerable changes that have taken place in health care education and in the delivery of health services during the last ten years, as well as recent developments in health psychology.

**Contents:** *Introduction to psychology / Understanding health and illness / Self concept and body image / Theories of learning / Perception, memory and patient information giving / Stress and coping / Development and loss in social relationships / Pain / Social processes in health care delivery / Glossary of terms / Bibliography / Index.*

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0 335 21501 7 (EAN: 9 780335 215010) Hardback £65.00



### Psychological Care for Ill and Injured People A Clinical Guide

Keith Nichols

Consultant Clinical Psychologist, Royal Devon and Exeter Hospital, UK.

In this new guide, Keith Nichols examines the importance of psychological care for ill and injured people. The book gives practical advice to develop health professionals' personal clinical practice by providing a guide to the organization of psychological care and 'coaching' in the basic skills.

Written in a tutorial style with an emphasis on clinical observation and case material that illustrates the psychological needs of patients and their partners, the book demonstrates that the neglect of psychological care for the ill and injured can undermine progress in treatment and recovery and increase medical costs. The need for urgent improvement is stressed.

This book is an essential tool for all health care professionals who have regular patient contact, including nurses, doctors, the therapy professions and clinical health psychologists.

**IC** 2003 264PP  
0 335 20997 1 (EAN: 9 780335 209972) Paperback £19.99  
0 335 20998 X (EAN: 9 780335 209989) Hardback £60.00



### Clinical Judgement in the Health and Welfare Professions Extending the Evidence Base

Susan White and John Stancombe

University of Huddersfield; Trafford Healthcare NHS Trust, UK.

This book aims to reconstitute clinical judgement and case formulation as both practical-moral and rational-technical activities.

**IC** 2003 192PP  
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## NEW Essential Readings in Health Psychology

Jane Ogden

*Guy's, King's and St. Thomas' School of Medicine, University of London, UK.*

This book examines key papers for students of health psychology and follows the structure of the same author's *Health Psychology: A Textbook*, which has made a major contribution to the teaching and study of this rapidly expanding discipline. Each chapter is introduced by a brief overview and reviews classic and contemporary papers which have been chosen either for their theoretical importance or as good empirical indicators of a model. Chapters include analysis of:

- The social context of health
- Behaviour and health
- Health across the lifespan

The examples use a range of methodologies – both qualitative and quantitative – with the latter including experimental and cross-sectional studies and systematic reviews.

*Essential Readings in Health Psychology* is interdisciplinary, drawing from a range of fields including psychology, medicine, health promotion and public health. It provides key reading for upper level and postgraduate students of psychology, nursing, medicine and related health disciplines. Professionals and researchers working in health psychology, health promotion and related medical areas will also find the book of interest.

**Contents:** *Introduction to health psychology / The context of health / Behaviour and health / Health beliefs / Health behaviours / Illness cognitions / Doctor patient communication / Stress / Coping / Pain / Placebos / Illness / Health across the lifespan / Health outcomes / Index.*

IC February 2007 400pp

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## Health Psychology A Textbook

Jane Ogden

*Guy's, King's and St. Thomas' School of Medicine, University of London, UK.*

Praise for this edition:

***"This third edition has now been extensively updated and considerably strengthened in a number of key areas...it provides a clear, comprehensive and up-to-date overview of a wide range of research and theory...it clearly deserves to maintain its place as the number one choice of health psychology textbook."*** - John Weinman, King's College, London

*Health Psychology: A Textbook* has made a major contribution to the teaching and study of this rapidly expanding discipline. Maintaining its strong review of theory and research and its details of behaviours such as smoking, exercise, eating and screening, the third edition has been substantially revised to provide increased coverage of the biological aspects of health and illness. This book now provides the most accessible and comprehensive guide to the field.

Many new features have been incorporated into this edition to further aid students and teachers, including:

- Additional, entirely new chapter on stress; now two chapters address this key topic
- Expanded and improved section on psychoneuroimmunology (PNI)
- Expanded chapter on pain
- New section on the consequences of coronary heart disease (CHD) and rehabilitation of CHD patients
- New chapter on eating behaviour
- New coverage of problems associated with social cognition models

The new two-colour layout has been designed with students in mind, including clear illustrations, boxed discussion points, and specific research boxes.

New to this edition:

Online Learning Centre (OLC) [www.openup.co.uk/ogden](http://www.openup.co.uk/ogden) with great materials for students and lecturers. Resources include further readings, "Focus on Research" boxes, web links, sample essay questions, chapter overviews, PowerPoint slides and an instructor resource manual. The OLC content enhances the learning experience for students and provides support for lecturers teaching the subject.

*Health Psychology: A Textbook* is essential reading for all students and researchers of health psychology and for students of medicine, nursing and allied health courses.

IC 2004 512pp

0 335 21471 1 (EAN: 9 780335 214716) Paperback £26.99

Website: [www.openup.co.uk/ogden](http://www.openup.co.uk/ogden)



## Changing Health Behaviour

### Intervention and Research with Social Cognition Models

Derek Rutter and Lyn Quine (eds)

*Both at University of Kent, UK.*

For many years, social cognition models have been at the forefront of research into predicting and explaining health behaviours. Until recently, there have been few attempts to go beyond prediction and understanding to intervention – but now the position has changed, and a number of excellent interventions have been set up. The purpose of this book is to bring them together in one volume.

This book is as a ground-breaking text in the psychology of health, for students, researchers and practitioners alike.

IC 2002 224pp

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BESTSELLER



## Health Psychology

SERIES EDITORS: SHEILA PAYNE AND SANDRA HORN

### NEW Health Communication Theory and Practice

Dianne Berry

University of Reading, UK.

Effective health communication is now recognised to be a critical aspect of health care at both the individual and wider public level. Good communication is associated with positive health outcomes, whereas poor communication is associated with a number of negative outcomes. This book assesses current research and practice in the area and provides some practical guidance for those involved in communicating health information. It draws on material from several disciplines, including health, medicine, psychology, sociology, linguistics, pharmacy, statistics, business studies and management.

The book examines:

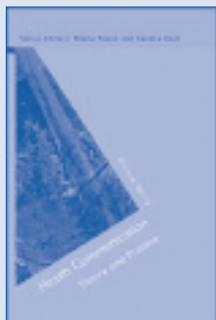
- The importance of effective communication in health
- Basic concepts and processes in communication
- Communication theories and models
- Communicating with particular groups and in difficult circumstances
- Ethical issues
- Communicating with the wider public and health promotion
- Communication skills training

**Contents:** Preface / Introduction / Basic forms of communication / Underlying theories and models / Communication between patients and health professionals / Communicating with particular populations in healthcare / Communication of difficult information and in difficult circumstances / Health promotion and communication with the wider public / Communication skills training / References / Index.

IC October 2006 224PP

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### The Psychology of Appearance

Nichola Rumsey and Diana Harcourt

Both at the University of the West of England, UK.

Appearance-related concerns and distress are experienced by a significant proportion of people with visible disfigurements, and are also reaching epidemic proportions in the general population. In the light of these developments, this book includes:

- A comprehensive summary and critical evaluation of research and understanding concerning the psychology of appearance
- A historical review of research to date
- A review of the methodological challenges for researchers in this area
- An overview of current understanding of appearance-related concerns and distress in the general population and among those with acquired or congenital disfigurements such as burns, clefts of the lip and/or palate, scarring and acne

*The Psychology of Appearance* provides essential reading for psychology students, health and clinical psychologists, health professionals, employers and policy makers interested in the ramifications of appearance concerns.

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### Embodiment Clinical, Critical and Cultural Perspectives on Health and Illness

Malcolm MacLachlan

Trinity College Dublin, Ireland.

This unique book explores the idea of embodiment across a wide range of clinical contexts. Adopting a critical and cultural perspective, it stresses the importance of understanding people through their lived experiences and constructions of their own body. The book:

- Challenges both the mind-body dichotomy and the biopsychosocial model
- Examines the clinical significance of people's experience of 'being a body' through a broad range of health and illness experiences, in particular when the body is distressed, diseased, disordered, disabled or dismembered
- Provides insight into the physical and emotional experiences of individuals through its empathetic style

From anorexia to amputation, Botox to body dysmorphic disorder, phantom limbs to acute and chronic pain, the book considers a broad range of bodily experiences.

Drawing on research from diverse areas including health and clinical psychology, neuroscience, medicine, nursing, anthropology, philosophy and sociology, this book is essential reading for students across all these disciplines.

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### Risk Communication and Health Psychology

Dianne Berry

University of Reading, UK.

This book clearly assesses the increasingly important area of communication of risk in the health sector. The book examines:

- Risk: defining and explaining how the term is used by different disciplines, how its meanings have changed over time and how the general public understand it
- Health communication and the effects on health behaviours
- Effective risk communication to individuals and the wider public
- The cognitive and emotional issues at stake for patients in understanding risk and health information
- The use of new technologies in risk and health communication
- Ethical issues, and the future of risk communication

Using examples from a wide variety of disciplines, this book is key reading for students as well as for health professionals interested in doctor-patient communication, informed consent and patient welfare.

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## Health Psychology

SERIES EDITOR: SHEILA PAYNE AND SANDRA HORN

### Psychology and Health Promotion

Paul Bennett and Simon Murphy

University of Swansea and Independent Consultant; University of the West of England, UK.

*"The standard of the book is high, the critical appreciation of the literature is creative and enquiring, and the referencing is thorough...Psychology and Health Promotion is successful in reviewing all the major and recent contributions of psychological research and theory development to health promotion."* - Health Education Research

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### Rethinking Health Psychology

Michele L. Crossley

University of Manchester, UK.

This introductory text provides a critical analysis of mainstream health psychology by drawing on newer approaches such as discourse, narrative, postmodernism and material discursive analysis. Moreover, the growing popularity of health psychology is located in the context of the changing organization of health care and the commodification and commercialization of health and lifestyles.

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### Loss and Bereavement

Sheila Payne, Sandra Horn and Marilyn Relf

University of Sheffield; University of Southampton; Bereavement Service, Oxford, UK.

*"...excellent reading for health and social care professionals involved in supporting bereaved people."* - Palliative Medicine

*"...this volume contains a vast amount of material. The skill employed by the authors in condensing this in a concise, accessible manner is impressive. Overall, this is a meticulously researched, thought-provoking, scholarly text which should whet the appetite of the serious student to pursue these issues further than can be contained within one relatively slim volume."* - Mortality

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**THE PSYCHOLOGY OF MEN'S HEALTH** Christina Lee and R. Glynn Owens

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**PAIN** Sandra Horn and Marcus Munafa

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### Predicting Health Behaviour

**BESTSELLER  
2ND EDITION**

Mark Conner and Paul Norman (eds)

University of Leeds; University of Sheffield, UK.

Reviews of the first edition:

*"This is an excellent book...The book is required reading. Buy it, and persuade your library to stock up too."* - British Journal of Health Psychology

*"A really excellent volume which should be owned by all serious health psychologists and should be highly recommended for undergraduate and postgraduate courses in health psychology."* - Psychology Teaching Review

This popular, established text has been expanded to include the most up-to-date research on social cognition models and health behaviours. This edition takes account of important developments in the field, and features:

- Two completely new chapters on implementation intentions and stage models
- Updated work on the health belief model, protection motivation theory, social cognitive theory, and the theory of planned behaviour
- New material on using theories to change health behaviours

Providing the theoretical background and examples of how to apply the most common social cognition models to health behaviours, this book thoroughly examines how to:

- Assess the advantages and disadvantages of using each of these models
- Appropriately apply each model in practice
- Adequately analyze and report the results
- Apply the models to change health behaviour

*Predicting Health Behaviour* boasts many of the leading names in the field and provides key reading for advanced undergraduate and postgraduate students, health promoters, health psychologists and others assessing health behaviour.

**Contributors:** Charles Abraham, Henk Boer, Mark Conner, Peter M. Gollwitzer, Aleksandra Luszczynska, Sarah Milne, Paul Norman, Ralf Schwarzer, Erwin R. Seydel, Paschal Sheeran, Paul Sparks, Stephen Sutton, Thomas L. Webb.

IC 2005 408PP

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## Sociology and Social Change

SERIES EDITORS: ALAN WARDE AND NICK CROSSLEY

### NEW Reflexive Embodiment in Contemporary Society

Nick Crossley

University of Manchester, UK.

The study of 'the body' has been a key growth area within sociology over the last twenty years and shows every sign of continuing to grow. A number of important analytic foci have emerged within this area but central amongst them has been the issue of body modification/maintenance and particularly the transformation and proliferation of forms of maintenance/modification in late modern societies. This book argues that existing perspectives are very selective in the range of modification practices they focus upon and, indeed, in their conception both of modernity and its effects upon the body.

Key reading for students and researchers in the fields of sociology and psychology as well as health professionals.

IC September 2006 192PP

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## NEW Thinking Psychologically about Gender and Sexuality

Kevin Baker and Ceri Parsons

De Montfort University and University of Leicester; Manchester Metropolitan University, UK.

Baker and Parsons explore two central themes in relation to gender and sexuality: the historical and cultural perspective, and the experience of self-identity. *Thinking Psychologically about Gender and Sexuality* shows how the variations and experiences of gender and sexuality are made available by the possibilities sanctioned through our upbringing in families and social groups. Acknowledging the usefulness of social constructionist explanations in understanding how gender 'works' or how it is 'done', the authors seek to translate this into the 'experience' of gender and sexuality.

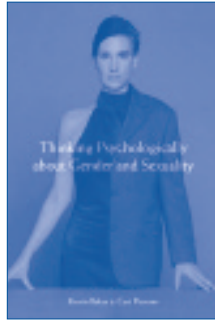
The book explores how the expression of self-identity is fundamentally important in both gender and sexual identity, and how it is directed by emotions (e.g. embarrassment, shyness, guilt, aggression and frustration). This is where some of the psychology in this book lives, connecting the psychology of emotion with the psychology of gender and sexuality. It will be a core text for modules where psychology and gender are taught, it will also be a useful text in teaching of courses on human sexuality and psychology of sexuality.

**Contents:** Introduction / Biology / Psychology / Self-identity / The Psychology of Women and Femininity / The Psychology of Men and Masculinity / Sexuality / Culture, Communication and Language / Social Contexts / Conclusion / Index.

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## Rethinking Gender and Therapy The Changing Identities of Women

Susannah Izzard and Nicola Barden (eds)

University of Birmingham; University of Portsmouth, UK.

*Rethinking Gender and Therapy* brings together the contributions of psychoanalytic theory and sociological analysis to explore the interrelationship between the inner and outer worlds which impact on a woman's identity. How a woman's experience is depicted by and perceived by the society of which she is a part profoundly affects how she experiences herself. This book seeks to explore that dynamic in relation to key life stages and in terms of key issues.

2001 256PP

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## Work & Organizational Psychology

### Managing Work and Organizations

SERIES EDITOR: GRAEME SALAMAN

#### The Competent Organization A Psychological Analysis of the Strategic Management Process

Gerard P. Hodgkinson and Paul Sparrow

University of Leeds Business School; University of Manchester Business School, UK.

**"...will attract and stimulate organizational psychologists, strategic-management scholars, and management consultants as well as corporate learning officers."** - Professor Bill Starbuck, Past (USA) Academy of Management President

*The Competent Organization* explores the nature of cognition in organizations and focuses upon: the behaviour and characteristics of top management teams; organizational learning and memory; distributed cognition and information markets; the significance of knowledge management and tacit learning; key competencies such as emotional intelligence, information searching, decision-making heuristics, creativity, intuition; and how organizations might be helped to become more cognitively effective.

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## The Psychology of Gender and Sexuality An Introduction

Wendy Stainton Rogers and Rex Stainton Rogers

The Open University; Late of The Open University, UK.

Gender and sexuality permeate our lives and have a profound influence on who we are and what we feel, think and do. This book provides a fundamental and wide-ranging introduction to different psychological approaches to this field. It reviews both traditional and current theorization, reflecting the contradictory approaches that try to explain how gender and sexuality are acquired, their impact on identity, and their influence on life-styles, life-opportunities and life-choices.

2000 320PP

0 335 20224 1 (EAN: 9 780335 202249) Paperback £23.99

## Psychodynamic Approaches to Sexual Problems

Brian Daines and Angelina Perrett

Therapist and Tutor; Therapist and Tutor, UK.

**"...this is an excellent book. Those in sex therapy, whatever their orientation, will enjoy reading it and will benefit from its contents."** - *Sexual and Relationship Therapy*

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1995 160PP 0 335 19219 X (EAN: 9 780335 192199) Paperback £23.99



**NEW Social Psychology Matters**

Wendy Hollway, Helen Lucey and Ann Phoenix (eds)

*All at the Open University, UK.*

*Social Psychology Matters* explores the significance of social psychology in the twenty-first century and the contributions it can and does make to understanding the experience of being a person in today's world. It does this by tracing the roots of social psychology and relating key perspectives to real-life experiences.

The book explores areas such as family relationships, mental health, conflict, the self, emotions, and the body through different theoretical approaches. It encourages the reader to reflect on their experience of being a person in a social world in the light of these perspectives and poses challenging questions about how we come to know what we know about ourselves and other people.

The book aims to build readers' critical and reflexive abilities whilst they learn about the breadth of social psychological theories. In order to aid the student, two pedagogical structures are used – interrogative themes and perspectives.

Four interrogative themes are used to help elucidate for students the ways in which epistemological and ontological theories underpin, and are produced, in social psychological work:

- The individual-society dualism
- The agency-structure dichotomy
- Situated knowledges
- Power relations

And four perspectives that characterize different contemporary social psychologies are used throughout the book:

- Discursive psychological
- Social cognitive
- Phenomenological
- Social psychoanalytic

The book is key reading for upper level undergraduates in social psychology or related fields.

**Contributors:** John Dixon, Linda Finlay, Wendy Hollway, Helen Lucey and Brian Parkinson.

**Contents:** **Part one: Social psychology matters** / Introduction: Where does social psychology come from? / Perspectives and Methods in social psychology / **Part two: Key issues** / Self / Others / Emotion / Prejudice, conflict and conflict reduction / Bodies / Conclusion / Index.

**IC** December 2006 240PP

0 335 22103 3 (EAN: 9 780335 221035) Paperback £19.99

0 335 22105 X (EAN: 9 780335 221059) Hardback £60.00

**Understanding Psychology and Crime**  
**Perspectives on Theory and Action**

James McGuire

*University of Liverpool, UK.*

**"...a clearly written, well-researched and up-to-date survey [with] illuminating reviews of cognitive-social learning theories, risk factors and longitudinal studies, risk assessment, cognitive-behavioural programmes and meta-analyses of treatment effectiveness."** - Professor David Farrington, *Institute of Criminology, University of Cambridge*

This highly readable book discusses the complex relationships between psychology, criminology and criminal justice. Challenging the assumptions of those who object to the use of psychology within criminology, this book shows how a methodical approach to the study of criminal behaviour can generate both systematic findings and practical solutions to problems.

This authoritative and stimulating text is essential reading for students in criminology and psychology and for criminal justice practitioners and policy makers.

**IC** 2004 296PP

0 335 21119 4 (EAN: 9 780335 211197) Paperback £20.99

0 335 21120 8 (EAN: 9 780335 211203) Hardback £60.00

**NEW Critical Readings in Social Psychology**

Darren Langdridge and Stephanie Taylor (eds)

*Both at the Open University, UK.*

*Critical Readings in Social Psychology* provides coverage of classic and contemporary readings across a wide variety of important topics in social psychology from a number of different theoretical perspectives: social cognitive, psychoanalytic, phenomenological, discursive, personal constructivist and feminist.

The book gives students the chance to read important pieces of classic social psychology and contrast them with contemporary critical readings. Each chapter explores a key topic in social psychology (such as attitudes, close relationships, individual differences, conformity and small group processes) from a range of different theoretical perspectives. This gives the reader an appreciation of the historical context of social-psychological knowledge and the ways in which the topic is treated by different theorists. By stimulating the reader's own ideas and thoughts about these topics and perspectives, the book encourages the development of critical evaluation skills.

The strength of this book is the pedagogy for each chapter which includes:

- A brief introduction of a selected reading
- Analysis of the issues raised by the reading
- A section to explain the relationship between classic and contemporary approaches to the issue
- Discussion of the particular theoretical perspective used to critique the original work
- A final discussion section to highlight the chapter-specific critical issues
- Suggestions for further reading

The book provides key reading for upper level undergraduates in social psychology or related fields.

**Contributors:** Steve Brown, Viv Burr, Trevor Butt, Wendy Hollway, Darren Langdridge, Shelley Sclater and Stephanie Taylor.

**Contents:** Acknowledgements / Introduction / Close relationships / Attitudes / Attribution / Small group processes / Intergroup processes / Conformity / Individual differences / Conclusion / Index.

**IC** December 2006 272PP

0 335 22104 1 (EAN: 9 780335 221042) Paperback £19.99

0 335 22106 8 (EAN: 9 780335 221066) Hardback £60.00

**Social Psychology**  
**Experimental and Critical Approaches****BESTSELLER**

Wendy Stainton Rogers

*The Open University, UK.*

This introductory social psychology textbook is unique. It acknowledges the two very different approaches being taken to social psychology - experimental and critical. These approaches are in conflict with each other. The book brings these together in a single, coherent text. No attempt is made to find a cosy 'integration' between them; rather, students explore the benefits and drawbacks of each. The book:

- Introduces the experimental approach, including the study of social influence, attitudes, attribution, groups, language and communication
- Introduces the critical approach, including semiotic, social constructionist and grounded theories, and discourse and narrative analyses
- Explores the historical origins and development of the two approaches, their philosophical bases and the contrasting 'logics of enquiry' they use to pursue empirical research
- Lively and student-friendly style with further reading and questions for revision at the end of every chapter

By studying experimental and critical approaches together, introductory-level students gain a richer and deeper understanding of what social psychology in the 21st century is about, where it is going and the issues it must address.

**IC** 2003 384PP

0 335 21126 7 (EAN: 9 780335 211265) Paperback £24.99

## Mapping Social Psychology

SERIES EDITOR: TONY MANSTEAD

### Attitudes, Personality and Behaviour

2ND EDITION

Icek Ajzen

University of Massachusetts at Amherst, USA.

Attitudes and personality traits are key concepts used by psychologists to explain and predict human social behaviour. This book explores the parallel nature of these dispositions and the challenge posed by people's observed failure to act in accordance with their measured attitudes and personality characteristics. In simple language, readers are exposed to the major lines of research and theoretical frameworks that inform our current understanding of the ways in which attitudes and personality guide human behaviour.

This edition is thoroughly revised and updated, reviewing the latest developments regarding the MODE model and the theory of planned behaviour (two major theories that link attitudes and personality to behaviour).

IC 2005 208PP

0 335 21703 6 (EAN: 9 780335 217038) Paperback £20.99

0 335 21704 4 (EAN: 9 780335 217045) Hardback £65.00



### Group Process, Group Decision, Group Action

BESTSELLER  
2ND EDITION

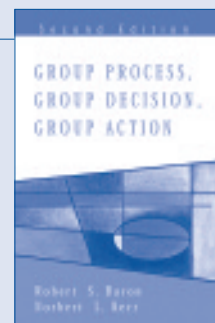
Robert S. Baron and Norbert L. Kerr

University of Iowa; Michigan State University, USA.

Social groups have great influence on our thoughts, decisions and behaviour from our infancy until our deaths. Family groups, work groups, ethnic groups and our friendship networks all shape our perceptions, thoughts and actions, as well as our feelings about ourselves. In this thorough introduction to the social psychological study of group processes, the authors have considerably updated their highly successful first edition. The new edition develops the existing coverage of topics such as social influence, extreme behaviour in groups, group productivity, social dilemmas, group decision-making and inter-group conflict. It also provides additional chapters examining research and theory regarding social support, and electronic groups.

IC 2003 256PP

0 335 20697 2 (EAN: 9 780335 206971) Paperback £23.99



### Intergroup Relations

Marilynn Brewer

Ohio State University, USA.

Praise for the first edition:

**"...manages to integrate theory, research, and illustration very nicely...all in all an excellent piece of work."** - Michael Hogg, University of Queensland

**"...extremely contemporary in its coverage and yet it introduces the classic works as well. The balance here is perfect..."** - Samuel Gaertner, University of Delaware

Marilynn Brewer has provided an up-to-date and invaluable resource for all those concerned with this key area of social psychology. It is clearer than ever that group identities play a major role in human behaviour, impelling heroic action on behalf of ingroups, as well as horrific atrocities against designated outgroups. Social psychological understanding of these processes has grown as the study of intergroup relations takes centre stage within the discipline, making this a topical and timely new edition for undergraduate courses in social psychology and the wider social sciences.

IC 2003 224PP

0 335 20989 0 (EAN: 9 780335 209897) Paperback £23.99

0 335 20990 4 (EAN: 9 780335 209903) Hardback £65.00

**HUMAN AGGRESSION** Second Edition Russell G. Geen  
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IC 2000 352PP 0 335 19921 6 (EAN: 9 780335 199211) Paperback £25.99

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IC 1993 192PP 0 335 09865 7 (EAN: 9 780335 098651) Paperback £23.99  
Available from Brookes Coles Publishing Co., in USA and Canada

**SOCIAL PERCEPTION** Leslie Zebrowitz  
IC 1990 248PP 0 335 09860 6 (EAN: 9 780335 098606) Paperback £24.99  
Available from Brooks Cole Publishing Co., in the USA and Canada

### Making Sense of Social Movements

Nick Crossley

University of Manchester, UK.

*Making Sense of Social Movements* offers a clear and comprehensive overview of the key sociological approaches to the study of social movements. The author argues that each of these approaches makes an important contribution to our understanding of social movements but that none is adequate on its own. In response he argues for a new approach which draws together key insights within the solid foundations of Pierre Bourdieu's social theory of practice. The result is a theoretical framework which is uniquely equipped for the demands of modern social movement analysis. The clear and concise style of the text, as well as its neat summaries of key concepts and approaches make this book invaluable for undergraduate courses. It is also an essential reference for researchers.

IC 2002 224PP

0 335 20602 6 (EAN: 9 780335 206025) Paperback £20.99

0 335 20603 4 (EAN: 9 780335 206032) Hardback £60.00

## Applying Social Psychology

SERIES EDITOR: STEPHEN SUTTON

**The Social Psychology of Exercise and Sport**Martin Hagger and Nikos Chatzisarantis  
*University of Essex; University of Exeter, UK.*

This new textbook examines the role that social psychology has in the explanation of exercise and sport behaviour. It devotes considerable attention to key social psychological issues within the two disciplines; health-related exercise behaviour and the behaviour of competitive sport participants and the spectators of elite sport.



The book focuses on a range of selected topics and provides a comprehensive, in-depth and analytical coverage using social psychology as a framework. It thoroughly examines how social psychological research and intervention has contributed to the understanding of key topics in exercise and sport behaviour including:

- The social psychology of exercise and health
- Social cognitive theories of exercise behaviour
- Exercise and the physical self
- Eating disorders in exercise and sport
- Emotion and mood in athletes
- Social psychology and motivation in sport
- Group processes in sport
- Aggression and crowd violence

*The Social Psychology of Exercise and Sport* is key reading for undergraduate and postgraduate students on social or sport psychology courses and on health-related or sports science courses. Illustrated throughout with practical guidelines for researchers and practitioners, it is also a valuable resource for professionals interested in understanding and changing the behaviour of exercise participants and athletes.

**IC** 2005 280PP

0 335 21618 8 (EAN: 9 780335 216185) Paperback £22.99

0 335 21619 6 (EAN: 9 780335 216192) Hardback £65.00

**The Social Psychology of Consumer Behaviour**Richard P. Bagozzi, Zeynep Gurhan-Canli and Joseph R. Priester  
*Rice University, Texas; University of Michigan at Ann Arbor; University of Michigan at Ann Arbor, USA.*

This book considers why consumers buy what they do, and how they go about making individual and group decisions concerning consumption. The result is essential reading for students, researchers and practitioners in psychology and marketing, as well as for those in related fields such as public policy, public health, health psychology, political science and sociology.

2002 240PP

0 335 20722 7 (EAN: 9 780335 207220) Paperback £21.99

**The Social Psychology of Food**Mark Conner and Christopher J. Armitage  
*University of Leeds; University of Sheffield, UK.*

This book addresses key issues such as the role of various factors on food choice, the process of dietary change, the role of food in weight control and disorders of eating, stress and eating, food and self-presentation. The selective and in-depth coverage of the book is designed to demonstrate what social psychology has contributed to the field, and to provide an essential text for students and researchers in psychology and trainee professionals in health.

2002 192PP

0 335 20754 5 (EAN: 9 780335 207541) Paperback £21.99

**The Social Psychology of Drug Abuse**Steve Sussman and Susan L. Ames  
*Both at University of Southern California, USA.*

This book unravels the complexities surrounding the definition, cause and treatment of drug abuse. The authors set out the different classes of drugs of abuse, distinguish drug use from abuse, and consider whether or not drug abuse should be seen as a disease. The book takes an international approach and provides vital information on key issues, presenting its material from a social psychological perspective, but drawing on work in public health, clinical psychology and sociology.

2001 192PP

0 335 20618 2 (EAN: 9 780335 206186) Paperback £22.99

0 335 20619 0 (EAN: 9 780335 206193) Hardback £65.00

**Introducing Narrative Psychology**  
**Self, Trauma and the Construction of Meaning**Michele L. Crossley  
*University of Manchester, UK.*

This introductory textbook presents a coherent overview of the theory, methodology and potential application of narrative psychological approaches. It compares narrative psychology with other social constructionist approaches and argues that the experience of self only takes on meaning through specific linguistic, historical and social structures. The author shows how the choice of one narrative over another - for example arising out of dominant narrative structures of power and control - can have serious social and psychological implications for the construction of images of self, responsibility, blame and morality.

2000 208PP

0 335 20290 X (EAN: 9 780335 202904) Paperback £22.99

**SOCIAL PSYCHOLOGY AND MODERNITY** Thomas Johansson

**IC** 2000 192PP 0 335 20104 0 (EAN: 9 780335 201044) Paperback £19.99

**SOCIAL CONSTRUCTIONIST PSYCHOLOGY** David J. Nightingale and John Cromby (eds)

**IC** 1999 256PP 0 335 20192 X (EAN: 9 780335 201921) Paperback £22.99

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**SOCIAL PSYCHOLOGY: CONFLICTS AND CONTINUITIES**

Dennis Howitt, Michael Billig, Duncan Cramer, Derek Edwards and Bromley Kniveton (eds)

**IC** 1989 208PP 0 335 09882 7 (EAN: 9 780335 098828) Paperback £19.99

## Special Educational Needs, Inclusion and Diversity A Textbook

Norah Frederickson and Tony Cline

University College London; University of Luton, UK.

This is the first textbook on special educational needs to take full account of linguistic, ethnic and cultural diversity. It describes interactionist models and practical approaches, and introduces frameworks for accountable practice that will help schools and LEA services to respond effectively to the new SEN Code of Practice. Written to support initial training and continuing professional development, the book includes tasks that have been designed to help teachers, psychologists and other professionals to consolidate their understanding and relate new concepts and information to issues in practice.

**IC** 2002 544PP

0 335 20402 3 (EAN: 9 780335 204021) Paperback £28.99

**BESTSELLER**

## Describing Language

David Graddol et al.

The Open University, UK.

*Describing Language* introduces social science students to descriptive linguistics. Essentially practical in its orientation, the book covers a wide range of topics including phonetics, prosody, word structure, syntax, text and discourse structure, word and utterance meaning, and non-verbal behaviour.

**IC** 1994 256PP

0 335 19315 3 (EAN: 9 780335 193158) Paperback £19.99

**BESTSELLER  
2ND EDITION**

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SERIES EDITOR: JUDITH GREENE

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## SPSS Survival Manual

A Step by Step Guide to Data Analysis Using SPSS for Windows (Version 12)

Julie Pallant

Swinburne University, Australia.

*"This book really is a life saver...If the mere thought of statistics gives you a headache, then this is the book for you."* - Statistics student, UK

*"I just wanted to say how much I value Julie Pallant's SPSS Survival Manual. It's quite the best text in SPSS I've encountered and I recommend it to anyone who's listening!"* - Professor Carolyn Hicks, Birmingham University, UK

*"...one of the most useful functional pieces of instruction I have seen. So, gold star and thanks."* - Instructional designer, USA

The *SPSS Survival Manual* throws a lifeline to students and researchers grappling with the SPSS data analysis software.

In this fully revised edition of her bestselling text, Julie Pallant guides you through the entire research process, helping you choose the right data analysis technique for your project. From the formulation of research questions, to the design of the study and analysis of data, to reporting the results, Julie discusses basic and advanced statistical techniques. She outlines each technique clearly, with step-by-step procedures for performing the analysis, a detailed guide to interpreting SPSS output and an example of how to present the results in a report.

Statistical techniques covered include:

- Descriptive statistics
- T-tests
- Correlation
- Analysis of variance
- Multiple regression
- Multivariate analysis of variance
- Logistic regression
- Analysis of covariance
- Factor analysis
- Non-parametric tests

For both beginners and experienced SPSS users in psychology, education, business, sociology, health and related disciplines, the *SPSS Survival Manual* is an essential guide. Illustrated with screen grabs, examples of output and tips, it is supported by a website with sample data and guidelines on report writing. This second edition includes new examples, a new section on logistic regression and fully integrated coverage of SPSS version 12.

**IC** 2004 336PP

0 335 21640 4 (EAN: 9 780335 216406) Spiral Bound £25.99

Website: [www.openup.co.uk/spss](http://www.openup.co.uk/spss)

Not available in Australia, New Zealand or Asia

## SPSS Survival Manual (Version 12) plus SPSS v.12 Student Software

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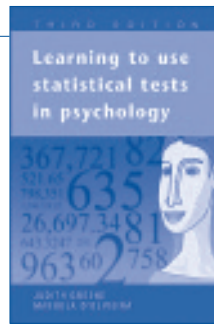
0 077 10938 4 (EAN: 9 780077 109387) £28.99





## Learning to Use Statistical Tests in Psychology

**BESTSELLER**  
**3RD EDITION**



Judith Greene and Manuela d'Oliveira

Formerly at The Open University, UK; University of Porto, Portugal.

Praise for the first edition:

**"An excellent textbook which is well planned, well written, and pitched at the correct level for psychology students. I would not hesitate to recommend Greene and d'Oliveira to all psychology students looking for an introductory text on statistical methodology."** - *Bulletin of the British Psychological Society*

The third edition of *Learning to Use Statistical Tests in Psychology* has been updated throughout. It continues to be a key text in helping students to understand and conduct statistical tests in psychology without panic! It takes students from the most basic elements of statistics teaching them;

- How psychologists plan experiments and statistical tests
- Which considerations must be made when planning experiments
- How to analyze and comprehend test results

Like the previous editions, this book provides students with a step-by-step guide to the simplest non-parametric tests through to more complex analysis of variance designs. There are clear summaries in progress boxes and questions for the students to answer in order to be sure that they have understood what they have read.

The new edition is divided into four discrete sections and within this structure each test covered is illustrated through a chapter of its own. The sections cover:

- The principles of psychological research and psychological statistics
- Statistical tests for experiments with two or three conditions
- Statistical tests based on ANOVA (Analysis of Variance) conditions as well as tests for multiple comparisons between individual conditions
- Statistical tests to analyze relationships between variables

Presented in a student-friendly textbook format, *Learning to Use Psychological Tests in Psychology* enables readers to select and use the most appropriate statistical tests to evaluate the significance of data obtained from psychological experiments.

**IC** 2005 232PP

0 335 21680 3 (EAN: 9 780335 216802) Paperback £24.99

0 335 21681 1 (EAN: 9 780335 216819) Hardback £65.00

## Simulation for the Social Scientist

**2ND EDITION**

Nigel Gilbert and Klaus Troitzsch

University of Surrey, UK; Universitat Koblenz-Landau, Germany.

Interest in social simulation has been growing rapidly worldwide as a result of increasingly powerful hardware and software and also a rising interest in the application of ideas of complexity, evolution, adaptation and chaos in the social sciences. *Simulation for the Social Scientist* is a practical textbook on the techniques of building computer simulations to assist understanding of social and economic issues and problems.

This authoritative book details all the common approaches to social simulation, to provide social scientists with an appreciation of the literature and allow those with some programming skills to create their own simulations.

The book is an essential tool for social scientists in a wide range of fields, particularly sociology, economics, anthropology, geography, organizational theory, political science, social policy, cognitive psychology and cognitive science.

**IC** 2005 312PP

0 335 21600 5 (EAN: 9 780335 216000) Paperback £22.99

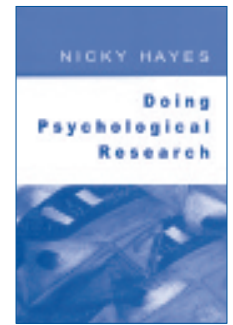
0 335 21601 3 (EAN: 9 780335 216017) Hardback £62.00

## Doing Psychological Research Gathering and Analysing Data

Nicky Hayes

University of Bradford, UK.

**"This is a book that should definitely be considered for many introductory psychology courses that need a factual and accessible exposition of psychological research principles and methods."** - *The Times Higher*



This textbook, written by one of the most experienced and respected writers of psychology textbooks in the UK, provides a comprehensive account of both qualitative and quantitative research methods.

*Doing Psychological Research* has been carefully written and designed to help students grasp complex concepts and to provide them with a sound methodological 'toolkit' for carrying out their own projects. The book is divided into data-gathering and analytical sections, and covers the main methods used in psychology for each of these purposes. Exercises and activities, worked examples of statistical tests, and self-assessment questions all help to deepen understanding and illustrate the relevance of the material. A full bibliography and index and a useful glossary of terms complete the package.

This is the accessible but comprehensive introductory text which many students and teachers of research methods in psychology have been looking for. It is essential reading for introductory courses.

**IC** 2000 420PP

0 335 20379 5 (EAN: 9 780335 203796) Paperback £24.99

## Designing and Reporting Experiments in Psychology

**2ND EDITION**

Peter Harris

University of Sheffield, UK.

Writing practical reports is a requirement of many psychology courses. To the new student, it is often a difficult and daunting task and even those with some experience can encounter difficulties. The second edition of this popular text offers expanded advice and updated guidelines to students on designing and writing reports of experimental and other studies in psychology.

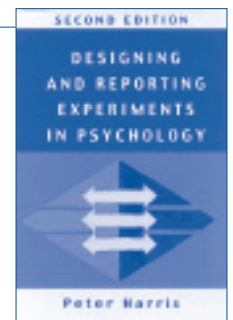
The revised text incorporates recent changes in terminology and provides examples consistent with the latest edition of the APA publication manual. The treatment of design and statistical issues has been expanded to include consideration of issues to do with power and effect size, without sacrificing the clarity and appeal to introductory level students of the first edition.

This edition includes material on the use of tables, graphs and drafting the report. Following requests from users of the previous edition, it has expanded treatment on designing and reporting experiments with more than one independent variable, and provides specific examples of how to report commonly used statistics and issues to watch out for when doing so. Readers will be able to access a special website ([www.openup.co.uk/harris](http://www.openup.co.uk/harris)) where they will find further treatment of issues relevant to the material in the text. In all, students of experimental and other areas of psychology will find this new edition to be an essential companion throughout their undergraduate programme.

**IC** 2002 256PP

0 335 20146 6 (EAN: 9 780335 201464) Paperback £24.99

Website: [www.openup.co.uk/harris](http://www.openup.co.uk/harris)



## Qualitative Methods in Psychology A Research Guide

Peter Banister et al.

Manchester Metropolitan University, UK.

**"It is well-written and seems to be at a level which would be graspable by most undergraduate and maybe A level students – without neglecting too much the complexities of the use of qualitative techniques..."** - *Psychology Teaching Review*

This research guide is designed to be an introductory text to qualitative methods. As well as furnishing an understanding of the assumptions underlying research methods, the book is a practical guide of how to carry out qualitative investigations as well as a how to critically evaluate these methods.

**IC** 1994 192PP  
0 335 19181 9 (EAN: 9 780335 191819) Paperback £23.99

**BESTSELLER**



## Qualitative Psychology Introducing Radical Research

Ian Parker

Manchester Metropolitan University, UK.

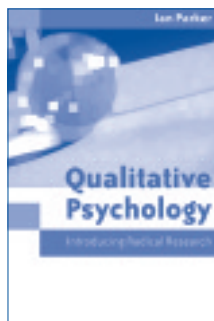
**"Parker's book should, with its broad scope, accessible style, and controversial viewpoints on trends of the current qualitative wave, have a wide audience."** - *Steinar Kvale, Aarhus University, Denmark*

**"This is a wonderful, insightful and necessary book... It takes students through this complex terrain in a clear, readable and yet challenging way."** - *Bronwyn Davies, University of Western Sydney, Australia*

This book is designed as a practical guide for students that is also grounded in the latest developments in theory in psychology. Readers are introduced to theoretical approaches to ethnography, interviewing, narrative, discourse and psychoanalysis, with each chapter on these approaches including worked examples clearly structured around methodological stages.

*Qualitative Psychology* is essential reading for students of psychology and other related social sciences who want a polemical account that will also serve as a well-balanced and rigorous introduction to current debates in qualitative psychology.

**IC** 2004 200PP  
0 335 21349 9 (EAN: 9 780335 213498) Paperback £20.99  
0 335 21350 2 (EAN: 9 780335 213504) Hardback £60.00



## Introducing Qualitative Research in Psychology Adventures in Theory and Method

Carla Willig

City University, London, UK.

*Introducing Qualitative Research in Psychology* introduces students to the rationale behind qualitative research methods and provides clear guidance on how to carry out basic qualitative research. It describes and illustrates six distinct approaches to qualitative research in psychology, including grounded theory, interpretative phenomenology, case studies, discursive psychology, Foucauldian discourse analysis, and memory work. Each chapter introduces a different approach and its procedures and techniques for gathering and analysing data, setting out its advantages and disadvantages and discussing ways of writing up research. *Introducing Qualitative Research in Psychology* is an invaluable resource for students at all levels who are new to qualitative research.

**IC** 2001 240PP  
0 335 20535 6 (EAN: 9 780335 205356) Paperback £24.99

## NEW Successful Qualitative Health Research

Emily Hansen

University of Tasmania, Australia.

*Successful Qualitative Health Research* is the ideal primer for newcomers to research who are not yet ready to fully engage in theoretical complexity. Hansen provides essential overviews into current theoretical debates to enable the reader to understand the context in which they will be researching, and how their work might be viewed. She also consistently emphasises the links between theory and practice. To further enhance the book's practical focus, each chapter features real life examples of qualitative research written by experienced researchers from a wide range of health fields. These examples show how real researchers have overcome common problems and offer inspiration and guidance.

**Contents:** Acknowledgements / Preface / Qualitative research: An introduction / Planning your research / Research design and rigour / Observation and participant observation / Interviewing / Focus groups / Analysing qualitative data / Writing qualitative research / Glossary / References / Index.

**IC** April 2006 240PP  
0 335 22034 7 (EAN: 9 780335 220342) Paperback £19.99  
0 335 22035 5 (EAN: 9 780335 220359) Hardback £60.00  
Not for sale in Australia and New Zealand



## Handbook of Health Research Methods Investigation, Measurement and Analysis

**BESTSELLER**

Ann Bowling and Shah Ebrahim

University College London; University of Bristol, UK.

This handbook helps researchers to plan, carry out, and analyse health research, and evaluate the quality of research studies. The book takes a multidisciplinary approach to enable researchers from different disciplines to work side by side in the investigation of population health, the evaluation of health care, and in health care delivery.

*Handbook of Health Research Methods* is an essential tool for researchers, postgraduate students and health professionals.

**IC** 2005 640PP  
0 335 21460 6 (EAN: 9 780335 214600) Paperback £26.99  
0 335 21461 4 (EAN: 9 780335 214617) Hardback £70.00

**MEASURING HEALTH Third Edition** Ann Bowling

**IC** 2004 224PP 0 335 21527 0 (EAN: 9 780335 215270) Paperback £22.99  
0 335 21528 9 (EAN: 9 780335 215287) Hardback £65.00

Previous Edition - Highly Commended, BMA Medical Book Competition 1998

**RESEARCH METHODS IN HEALTH Second Edition** Ann Bowling

**IC** 2002 512PP 0 335 20643 3 (EAN: 9 780335 206438) Paperback £26.99

**MEASURING DISEASE Second Edition** Ann Bowling

**IC** 2001 420PP 0 335 20641 7 (EAN: 9 780335 206414) Paperback £29.99

**QUALITATIVE RESEARCH IN HEALTH CARE** Immy Holloway (ed)

**IC** 2005 320PP 0 335 21293 X (EAN: 9 780335 212934) Paperback £20.99  
0 335 21294 8 (EAN: 9 780335 212941) Hardback £65.00

**REFLECTIONS ON RESEARCH** Nina Hollowell, Julia Lawton and Susan Gregory (eds)  
2004 176PP 0 335 21309 X (EAN: 9 780335 213092) Paperback £19.99

**EVIDENCE-BASED RESEARCH** Brian Brown, Paul Crawford and Carolyn Hicks

**IC** 2003 312PP 0 335 21164 X (EAN: 9 780335 211647) Paperback £24.99  
Highly Commended: BMA Book Awards 2004

**QUALITATIVE RESEARCH IN PRACTICE** Yvonne Darlington and Dorothy Scott

**IC** 2002 224PP 0 335 21147 X (EAN: 9 780335 211470) Paperback £20.99  
Not available in Australia, New Zealand and Asia.

## Researching Psychotherapy and Counselling

Rudi Dallos and Arlene Vetere

University of Plymouth; University of Surrey, UK.

- What are the benefits of conducting research while practising?
- Which research methods are most suitable for busy practitioners?
- How can practitioners weave research into their everyday practice without it becoming a burdensome add-on?
- What practical and ethical considerations should counsellors and therapists take into account when researching?

This book focuses on the issues facing practising clinicians wishing to engage in research. It outlines approaches involving both clients and other professionals in the research and argues for approaches that combine an exploration of the experience as well as the effectiveness of therapies.

With an emphasis on 'do-able' research, the book examines the dilemmas and challenges for clinicians in recruiting participants and combining research with clinical practice, and includes step-by-step guides to doing research projects.

Key topics covered include:

- Collaborative research
- The ethics of research
- Mixed methods of research (qualitative and quantitative)
- Suitable research methods for busy clinicians
- Practice-based evidence and evidence-based practice

Written by authors with extensive experience of research teaching with clinicians, *Researching Psychotherapy and Counselling* provides a rigorous, yet practical guide for trainee and practising counsellors, psychotherapists and clinical psychologists, as well as allied mental health professionals.

2005 248PP

0 335 21402 9 (EAN 9 780335 214020) Paperback £19.99

0 335 21403 7 (EAN 9 780335 214037) Hardback £60.00

## Social Research Issues, Methods and Process

Tim May

Sustainable Urban and Regional Futures (SURF), University of Salford, UK.

The third edition of this hugely popular text incorporates the latest developments in social research, while retaining the style and structure that appealed so widely in earlier editions. Part I examines issues and perspectives in social research; Part II sets out methods and processes.

New to this edition:

- New ways of thinking about the relationship between theory and research
- Advances in post-empiricist thinking, and relations between values, objectivity and data collection
- Expanded coverage of questionnaires
- New material on research on the internet, narratives, case studies and new technologies, values and ethics
- Updated readings and references throughout

An invaluable source of reference for those practising, teaching and studying social research.

IC 2001 272PP

0 335 20612 3 (EAN: 9 780335 206124) Paperback £21.99

**FEMINIST RESEARCH IN THEORY AND PRACTICE** Gayle Letherby

IC 2003 208PP 0 335 20028 1 (EAN: 9 780335 200283) Paperback £18.99  
0 335 20029 X (EAN: 9 780335 200290) Hardback £60.00

## Facing Death

SERIES EDITOR: DAVID CLARK

**RESEARCHING PALLIATIVE CARE** David Field et al. (eds)

2000 208PP 0 335 20436 8 (EAN: 9 780335 204366) Paperback £28.99

## Understanding Social Research

SERIES EDITOR: ALAN BRYMAN

### Social Theory and Applied Health Research

Simon Dyson and Brian Brown

Director of the Unit for the Social Study of Thalassaemia and Sickle Cell; De Montfort University, UK.

**"This book points clearly to the fact that applied research always rests on theoretical assumptions and argues persuasively that good research demands explicit consideration of those assumptions. By setting out the main theoretical paradigms clearly and fairly, it provides a very useful guide for researchers wishing to ensure that their work is properly grounded and appropriately focused, and to students requiring the tools to look under the surface of research claims."**

- Sam Porter, Research Professor of Nursing, Queen's University, Belfast



*Social Theory and Applied Health Research* provides an accessible assessment of dilemmas facing social researchers in trying to make sense of the world of health care. It links theory and method by presenting an account of how reflection can help amend, complement and strengthen a practical research strategy. Using clear diagrams, tables and examples of recent research, the book illustrates principles from social theory from a range of applied research studies.

This is essential reading for sociologists and psychologists conducting applied research, as well as the health and social welfare professions, including nurses, therapists, doctors, social workers, youth and community workers, and teachers.

November 2005 240PP

0 335 21034 1 (EAN: 9 780335 210343) Paperback £19.99

0 335 21035 X (EAN 9 780335 21350) Hardback £60.00

## Advanced Quantitative Data Analysis

Duncan Cramer

University of Loughborough, UK.

There are a variety of statistical techniques used to analyse quantitative data that masters students, advanced undergraduates and researchers in the social sciences are expected to be able to understand and undertake. This book explains these techniques, when it is appropriate to use them, how to carry them out and how to write up the results.

Commonly used software is introduced, and instructions are presented for carrying out analyses and interpreting the output using the computer programs of SPSS Release 11 for Windows and a version of LISREL 8.51, which is freely available online.

IC 2003 288PP

0 335 20059 1 (EAN: 9 780335 200597) Paperback £21.99

**QUALITATIVE DATA ANALYSIS** Graham R. Gibbs

IC 2002 288PP 0 335 20084 2 (EAN: 9 780335 200849) Spiral Bound £23.99

**POSTMODERNISM AND SOCIAL RESEARCH** Mats Alvesson

IC 2002 224PP 0 335 20631 X (EAN: 9 780335 206315) Paperback £20.99  
0 335 20632 8 (EAN: 9 780335 206322) Hardback £60.00

**SURVEYING THE SOCIAL WORLD** Alan Aldridge and Ken Levine

2001 208PP 0 335 20240 3 (EAN: 9 780335 202409) Paperback £21.99

**BIOGRAPHICAL RESEARCH** Brian Roberts

2001 224PP 0 335 20286 1 (EAN: 9 780335 202867) Paperback £21.99  
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**UNOBTRUSIVE METHODS IN SOCIAL RESEARCH** Raymond M. Lee

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**ETHNOGRAPHY** John D. Brewer

2000 224PP 0 335 20268 3 (EAN: 9 780335 202683) Paperback £21.99



## Supervision in Context

SERIES EDITORS: PETER HAWKINS AND ROBIN SHOHEIT

NEW

3RD EDITION

### Supervision in the Helping Professions

Peter Hawkins and Robin Shoheit  
*Bath Consultancy Group; Centre for Staff Team Development, UK.*

The third edition of this bestseller now includes a new chapter on supervision in context with sections on schools, medical settings and coaching, mentoring and consultancy, as well as nursing, social work and psychotherapy. In addition, it includes:

- A new section on transcultural supervision, which looks at supervising work with asylum seekers and immigrants
- A new chapter on action research
- A new section on the place of love and fear in organisations and professional practice
- Updated information on developments in the field of supervision, professional practices and ethics since the second edition
- A new section on appropriate forms of clinical and organizational governance

This is an essential book for supervisors across all the helping professions including social work, community work, nursing, counselling, psychotherapy, psychology, psychiatry, and the probation and prison services.

IC September 2006 312PP

0 335 21817 2 (EAN: 9 780335 218172) Paperback £21.99

0 335 21818 0 (EAN: 9 780335 218189) Hardback £65.00



## NEW Leading a Support Group A Practical Guide

Keith Nichols and John Jenkinson  
*Consultant at Royal Devon and Exeter Hospital;  
Consultant, Counsellor and Mentor/Moderator, UK.*

- Why are support groups important?
- How are they formed, run and ended?
- How can untrained personnel develop a basic capability in running support groups?



Psychological support is now known to be a significant counter to the psychological and physical effects of stress and life pressure. Support may be provided in various forms but the support group is both efficient and powerful. It is suitable in healthcare, education, and elements of industry and commerce. However, professionals in these sectors will often hold back from offering support groups because of lack of training and experience.

This book is designed to overcome this problem. It is written for professional people who can see a value for support group work within their organization and working life but hesitate from lack of experience. Presented in a conversational style, the book serves as a tutorial outlining the benefits of support groups and the essential aspects of forming, beginning and then running a support group. It also provides practical examples and case discussion with a focus on the problems and queries that a novice leader might encounter.

*Leading a Support Group* is an excellent resource for a wide range of professionals that includes nurses, occupational therapists, physiotherapists, speech and language therapists, dietitians, clinical psychologists, health psychologists, social workers/care worker supervisors, teachers and human resource personnel.

IC April 2006 176PP

0 335 21569 6 (EAN: 9 780335 215690) Paperback £19.99

0 335 21570 X (EAN: 9 780335 215706) Hardback £60.00

## Psychotherapy Supervision An Integrative Relational Approach to Psychotherapy Supervision

Maria C. Gilbert and Kenneth Evans  
*Metanoia Institute; Sherwood Psychotherapy Training Institute, UK.*

*"...we highly recommend this book." - The Psychotherapist*

This book presents an integrative relational model for psychotherapy supervision, and is one of the few books to focus exclusively and in-depth on issues in clinical supervision. It draws on developmental theory that is applicable to the fields of psychotherapy, counselling, and clinical and counselling psychology. *Psychotherapy Supervision* contains a balance of theoretical material, examples of in vivo supervision and a discussion of techniques. It is illustrated with frequent examples of supervision from the authors' own practice. The book is aimed at supervisors of counsellors, psychotherapists and psychologists.

2000 208PP

0 335 20138 5 (EAN: 9 780335 201389) Paperback £21.99

SKILLS OF CLINICAL SUPERVISION FOR NURSES Meg Bond and Stevie Holland

IC 1998 256PP 0 335 19660 8 (EAN: 9 780335 196609) Paperback £24.99

SUPERVISION OF PSYCHOTHERAPY AND COUNSELLING Geraldine Shipton (ed)  
1997 176PP 0 335 19512 1 (EAN: 9 780335 195121) Paperback £24.99

THE SOCIAL WORK SUPERVISOR Allan Brown and Iain Bourne  
1995 208PP 0 335 19458 3 (EAN: 9 780335 194582) Paperback £24.99

## Survival in Groups The Basics of Group Membership

Tom Douglas  
*Independent Consultant, UK.*

*"...essential reading for all those concerned with group work - particularly counsellors and therapists involved with Group Process."*  
*- Counselling at Work*

While there is an extensive literature on basic groupwork practice, none of the existing books address the functions of groups exclusively from the viewpoint of members. *Survival in Groups* examines the influences and pressures which can exist in groups and explains what to look for in order to see these factors at work.

1995 176PP

0 335 19412 5 (EAN: 9 780335 194124) Paperback £23.99

## Coaching Skills A Handbook

Jenny Rogers  
*Executive Coach and Director of Management Futures Consultancy, UK.*

*"I have just read my first - and probably last - whole book on coaching. It is my last because it has done the job, giving me the most comprehensive examination of the art." - David Amos, former Deputy Director of HR at the DoH, writing in the Health Service Journal.*

IC 2004 248PP

0 335 21330 8 (EAN: 9 780335 213306) Paperback £18.99

0 335 21331 6 (EAN: 9 780335 213313) Hardback £55.00



## NEW SERIES

## Coaching in Practice

SERIES EDITOR: JENNY ROGERS

**NEW** Developing a Coaching Business

Jenny Rogers

*Executive Coach and Director of Management Futures Limited, UK.*

Thousands of people are entering the coaching profession in the UK every year. Most are doomed to disappointment because they do not know how to promote and sell themselves and successfully find clients. This book gives a clear, easily-understood step by step guide to how to establish and run a successful coaching business.

**Contents:** *Introduction / Coaching as a business / Positioning: Identifying your niche / Promoting your offer: Foundations / Presenting yourself to clients / Selling / Up and running: Managing your brand / The future / Bibliography and acknowledgements / Index.*

**IC** August 2006 176PP

0 335 22049 5 (EAN: 9 780335 220496) Paperback £17.99

0 335 22050 9 (EAN: 9 780335 220502) Hardback £55.00

**NEW** Psychological Dimensions to Coaching

Peter Bluckert

*Coach, Trainer and Facilitator, UK.*

This book provides business coaches and management consultants with the framework for a psychological approach to coaching. It shows how performance-related issues in the workplace so often have a psychological dimension to them and provides the reader with understandings of how to work in more depth to help people resolve their issues and unlock their potential.

**Contents:** *Preface / Introduction: The psychological dimensions to coaching / Part one: A framework for effective coaching / Part two: What coaches deal with – Common themes and issues / Part three: The foundations of a psychological approach to coaching / Part four: Powerful perspective for coaching from Gestalt / Conclusion: The deeper potential of coaching / Index.*

**IC** September 2006 160PP

0 335 22061 4 (EAN: 9 780335 220618) Paperback £17.99

0 335 22062 2 (EAN: 9 780335 220625) Hardback £55.00

**NEW** Reflective Practice and Supervision for Coaches

Julie Hay

*Transactional Analyst, Supervisor and NLP trainer, UK.*

Reflecting on practice and getting professional support to develop supervision are powerful ways for coaches to sort out problems and improve practice. This book takes the reader through a series of theoretical frameworks, illustrated with practical examples and translated into structured activities, that provide models for analyzing activities. Readers are guided through the processes of reflection – alone, with colleagues and with a formal supervisor – that will help with personal growth.

**Contents:** *Setting the scene / Reflection in action / Doing it with others / Reflecting on stages / Reflecting on process / Reflecting systemically / Contracting and boundaries / Psychological underpinnings / Cross cultural considerations / What now? / Index.*

**IC** November 2006 160PP

0 335 22063 0 (EAN: 9 780335 220632) Paperback £17.99

0 335 22064 9 (EAN: 9 780335 220649) Hardback £55.00

**NEW** NLP Coaching

Philip Hayes

*Executive Director of Management Futures Limited, UK.*

This book provides a practical account of NLP-influenced techniques and approaches used in executive coaching. It describes issues that occur in executive coaching, and shows how the coach can effectively use NLP-influenced approaches to help their clients.

**Contents:** *Introduction to coaching / Introduction to NLP / Coaching on confidence issues / Coaching on career and life development / Building rapport as a coach / Coaching on relationship issues / Coaching on dilemma-resolution / Index.*

**IC** September 2006 160PP

0 335 22059 2 (EAN: 9 780335 220595) Paperback £17.99

0 335 22060 6 (EAN: 9 780335 220601) Hardback £55.00

**NEW** Therapist into Coach

Julia Vaughan Smith

*Coach, Organizational Consultant and Facilitator, UK.*

This book is written for therapists who are thinking of widening the case mix of their therapeutic practice, of moving into new markets or who want a different relationship with their clients. It examines how to bring a coaching approach into a psychotherapy or counselling process and explores the points of difference between therapeutic and coaching models.

**Contents:** *Foreword / Preface / Introduction to Coaching / The Coaching Client / Coaching processes / Coaching approaches within a psychological therapy / Running a mixed practice / Protecting the client and coach / What next / Index.*

**IC** January 2007 160PP

0 335 22051 7 (EAN: 9 790335 220519) Paperback £17.99

0 335 22052 5 (EAN: 9 780335 220526) Hardback £55.00

**NEW** Coaching, Mentoring and Organizational Consultancy Supervision and Development

Peter Hawkins and Nick Smith

*Both at Bath Consultancy Group, UK.*

In the last ten years, there has been enormous growth in the fields of coaching, mentoring and consultancy. These areas, like psychotherapy and counselling before them, are going through a phase of professionalization, with the establishment of formal standards, European bodies and standard requirements for supervision. This book provides a response to these growing demands.

**Contents:** *Section One: Navigating the world of coaching, mentoring and consultancy / Introduction / What is coaching, mentoring and consultancy? / The stages of the professional career / The coaching journey / Creating change / Section Two: Supervision / What is supervision? / The process model of shadow consultancy / Transcultural supervision / Section Three: Training Supervisors / Key skills for coaches, mentors and consultants and supervisors / Supervision training / Section Four: Impacting and being impacted by the wider system / Supervising coaches of teams and organizations and working with the wider system change / Creating change one removed / Supervising the consultancy account team / The importance of the relationship / Index.*

**IC** August 2006 240PP

0 335 21815 6 (EAN: 9 780335 218158) Paperback £19.99

0 335 21816 4 (EAN: 9 780335 218165) Hardback £60.00

Further details of all these books are available at: [www.openup.co.uk/coaching](http://www.openup.co.uk/coaching)

## An Introduction to Counselling

**BESTSELLER**  
**3RD EDITION**

John McLeod

Professor of Counselling, University of Abertay, Dundee, UK.

Reviews of the second edition:

**"It is impossible to do justice to such an exhaustive, broadbased and very readable work in a short review. Professor McLeod has been meticulous, and with true scientific impartiality has looked at, studied and described the many strands and different schools of thought and methods that can lead towards successful counselling."** - *Therapy Weekly*

This thoroughly revised and expanded version of a bestselling text provides a comprehensive introduction to the theory and practice of counselling and therapy. It is written in a clear, accessible style, covers all the core approaches to counselling, and takes a critical, questioning approach to issues of professional practice. The book places each approach to counselling in its social and historical context, and also introduces a wide range of contemporary approaches, including narrative therapy, systemic, feminist and multiculturalist approaches.

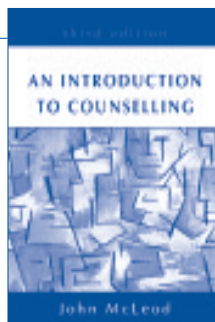
This third edition includes:

- New chapters on the important emerging approach of philosophical counselling and the counselling relationship
- Expanded coverage of attachment theory
- Counselling on the Internet and solution-focused therapy

The text has been updated throughout, with additional illustrative vignettes, case studies and exhaustive references, *An Introduction to Counselling* is a classic introduction to its subject.

**IC** 2003 640PP

0 335 21189 5 (EAN: 9 780335 211890) Paperback £26.99



## The Counsellor's Workbook

### Developing a Personal Approach

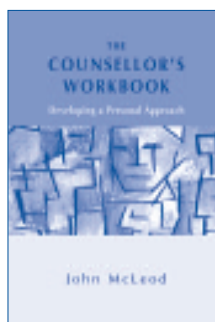
John McLeod

Professor of Counselling, University of Abertay, Dundee, UK.

This book provides a series of reflective learning tasks to support counsellors through key stages in training. Linking to the bestselling textbook, *An Introduction to Counselling*, John McLeod offers a range of thoughtful exercises enabling counsellors to build on life experience, engage with theories and concepts, reflect on cases, learn from critical issues in practice, and develop a professional identity. Readers are encouraged to construct a rich account of their counselling competencies, concepts, values and personal qualities. Learning tasks are cross-referenced to pages in *An Introduction to Counselling*, and other key sources.

**IC** 2004 160PP

0335 21552 1 (EAN: 9 780335 215522) Paperback £22.99



## On Training to be a Therapist

### The Long and Winding Road to Qualification

John Karter

Psychotherapist in Private Practice, UK.

**"It is rare for a book to tackle the range of problems and difficulties counsellor training involves in such a comprehensive manner, it is rarer still for the style of writing to engage the reader as this book manages to do...I wish this book had been available when I was a student."** - *Counselling and Psychotherapy Journal*

**IC** 2002 176PP

0 335 21001 5 (EAN: 9 780335 210015) Paperback £16.99

0 335 21002 3 (EAN: 9 780335 210022) Hardback £55.00

## NEW Counselling Skill

John McLeod

University of Abertay, Dundee, UK.



The sites or opportunities for counselling within our society include both formal counselling, usually provided by trained counsellors, psychotherapists and other mental health workers over a number of meetings, and informal episodes of counselling, provided by nurses, doctors, social workers, advice workers, teachers and other human service professionals. The provision of counselling by this latter group is typically described in terms of the use of "counselling skills", to differentiate it from formal, contracted, long-term counselling. Counselling skills interventions are usually delivered in the context of single episodes. This book is aimed at giving counselling skill to those who require a level of counselling for their chosen profession.

The idea of counselling skill (as opposed to skills) reflects a new way of conceptualising this kind of work. This conceptual model is explained in the introduction, and operates as a framework for the book as a whole. The model is derived from two basic ideas:

- Firstly, it is assumed that most people are able to do the things that are necessary in order to offer an effective counselling relationship: listen carefully, be reliable and trustworthy, be aware of feelings and check things out. These are not special skills – they are everyday human attributes. What is skilful, it is argued, is an ability to bring these competencies together for a specific purpose.
- Secondly, the person seeking help is assumed to be an active agent who is attempting to use whatever resources are at his/her disposal in order to deal with the difficulties which he/she is confronted. From this perspective, the task of the counsellor or helper is not to offer solutions to the person's problem, but to create an arena within which they can work together to make use of whatever resources are available.

Topics covered include:

- A definition of counselling and exploration of counselling models and contexts
- Issues to consider in preparation for undertaking a counselling relationship
- Trust
- Confidentiality
- Listening and responding
- How to combine counselling with a professional role

The book features summary boxes and a running case study throughout, to illustrate the key themes. It is essential reading for those who use counselling in their professional work in social and allied health services.

**Contents:** Introduction /Preparation /Making a Space /Being there: Listening, paying attention, witnessing /Responding to the other: Facilitating learning and change /Putting it all together /Dealing with difficult situations /Doing good work /References /Index.

**IC** January 2007 224PP

0 335 21809 1 (EAN: 9 780335 218097) Paperback £19.99

0 335 21810 5 (EAN: 9 780335 218103) Hardback £60.00

**COUNSELLING SKILLS FOR CHURCH AND FAITH COMMUNITY WORKERS** Alistair Ross  
2003 128PP 0 335 20055 9 (EAN: 9 780335 200559) Paperback £16.99  
0 335 20056 7 (EAN: 9 780335 200566) Hardback £55.00

**THE USE OF COUNSELLING SKILLS IN THE EMERGENCY SERVICES**  
Angela Hetherington  
2001 144PP 0 335 20060 5 (EAN: 9 780335 200603) Paperback £17.99

**COUNSELLING SKILLS IN PALLIATIVE CARE** John Davy and Susan Ellis  
**IC** 2000 192PP 0 335 20312 4 (EAN: 9 780335 203123) Paperback £17.99

**COUNSELLING SKILLS FOR NURSES, MIDWIVES AND HEALTH VISITORS**  
Dawn Freshwater  
2003 192PP 0 335 20781 2 (EAN: 9 780335 207817) Paperback £16.99  
0 335 20782 0 (EAN: 9 780335 207824) Hardback £55.00

## Counselling Skills for Complementary Therapists

Rosie March-Smith

Psychotherapist in private practice, UK.

As the demand for tighter professionalism grows in the complementary healing world, and government regulation increases, a more skilled approach to counselling patients has become priority. Surprisingly, few practitioners over the past thirty years have used more than basic listening skills as part of their clinical work, largely because they were not taught counselling techniques. Most continue to rely instead upon sympathy and intuition to help their patients face emotional problems. Yet advice, however well-meant, could prove dangerous or, at the least, inappropriate.

This pioneering book seeks to change this. Counselling skills help prevent making mistakes; they tell therapists what they can and cannot do. In turn, they then guide the patient towards taking more responsibility for their life and to discover their own 'healer within' to speed recovery. In using talking treatment as well as their primary discipline, practitioners may now offer a truly holistic mind-body-spirit dimension to their work.

Theoretical consideration of topics such as transference and counter-transference are woven together with case studies, practical tips, personal anecdotes and observations, to make this an accessible and informative book for professionals, graduates and students.

**IC** 2005 136PP

0 335 21122 4 (EAN: 9 780335 211227) Paperback £15.99

0 335 21123 2 (EAN: 9 780335 211234) Hardback £55.00

## Counselling Skills in Social Work Practice

Janet Seden

The Open University, UK.

- In what ways is counselling relevant to contemporary social work?
- How do counselling skills integrate with social work roles and responsibilities?

This book examines these skills and their applicability, drawing from social work and counselling theories and methods using clear, practical examples. Skills are discussed with reference to social work knowledge and values illustrating how, when used competently, contextually and sensitively they can appropriately underpin good social work practice. Questions and activities for self development are linked to the practices discussed.

This new edition of *Counselling Skills in Social Work Practice* has been thoroughly revised to reflect the National Occupational Standards for social work which identify the importance of communication skills and a developmental understanding of people in their social contexts. The chapters are linked to the six key roles for social work practice.

This book builds on the strengths of the first edition, as well as addressing the challenges of practice in relevant legislative and policy contexts. The book includes:

- Evidence of how the competencies which underpin counselling practice are directly transferable to effective social work practice
- Practical advice on communication skills
- Examples of how to build effective working relationships; a whole chapter is now devoted to the specific skills required for working within inter-agency and multi-disciplinary teams

This book is key reading on the subject of ethical and effective social work for those teaching, studying or practising in the field.

**IC** 2005 192PP

0 335 21649 8 (EAN: 9 780335 216499) Paperback £17.99



NEW

2ND EDITION

## Brief Counselling A Practical Integrative Approach

Colin Feltham and Windy Dryden

Sheffield Hallam University; Goldsmiths College,  
University of London, UK.

Praise for the previous edition:

**"...an excellent resource for all trainee and beginning counsellors irrespective of theoretical orientation. I regard it as a core text for Professional and Clinical Practice components of counsellor education and training courses."** - Ian Horton, formerly Principal Lecturer, University of East London

Praise for the this edition:

**"This book is a must. It informs the beginner and experienced counsellor how to undertake brief counselling, step by step, from orienting the client to counselling, to termination of counselling."** - Professor Stephen Palmer, City University, London and Director for the Centre of Stress Management.

Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each: this book reflects that reality and the challenges involved.

The bestselling first edition of this book, by two of the UK's leading counsellor trainers and academics, was praised by trainers and tutors for its accessibility, comprehensiveness and practicality. It was also a leading contribution to the movement towards time-conscious counselling and to an understanding of the therapeutic alliance across time.

The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counselling field. Additions include more detailed discussion of:

- Assessment
- Very brief counselling
- Clients' modalities
- Depression and realism
- Contracting
- Clinical reasoning
- Technical repertoire
- Supervision of brief counselling

In the rapidly maturing profession of counselling, this book's sensitivity to time as a precious resource, clients' perceptions, evidence-based guidelines and integration of some of the best thinking from several counselling models make it an ideal core text for beginners and reflective practitioners. Thoughtful and busy practitioners in primary care, employee counselling, educational, voluntary and private practice settings will find many immediately helpful ideas and examples in this classic text.

**IC** March 2006 248PP

0 335 21945 4 (EAN: 9 780335 219452) Paperback £21.99

**THE GAINS OF LISTENING** Colin Feltham (ed)  
1997 288PP 0 335 19280 7 (EAN: 9 780335 192809) Paperback £27.99

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**IC** 1999 160PP 0 335 20014 1 (EAN: 9 780335 200146) Paperback £17.99

**COUNSELLING SKILLS FOR TEACHERS** Gail King  
**IC** 1999 128PP 0 335 20000 1 (EAN: 9 780335 200009) Paperback £17.99





**The Presenting Past**  
**The Core of Psychodynamic**  
**Counselling and Therapy**

3RD EDITION

Michael Jacobs

*Independent Consultant and Visiting Professor at Bournemouth University, UK.*

Praise for previous editions:

**"Michael Jacobs is a free spirit who roams purposefully in the often contentious world of the rival psychoanalytic traditions."** - Professor Brian Thorne, Centre for Counselling Studies, University of East Anglia

**"An original and reliable approach to the development of personality that every therapist and student therapist should possess. Jacobs, one of the founders of psychodynamic therapy and counselling, avoids the twin perils of unimaginative, meaningless causality on the one hand and indifferent, irresponsible reference to fate on the other."** - Andrew Samuels, Professor of Analytical Psychology, University of Essex

The third edition of *The Presenting Past* maintains its clear approach to the core of psychodynamic counselling by focussing upon three central areas:

- Trust and attachment
- Authority and autonomy
- Cooperation and competition

These areas are now divided into shorter chapters that have been thoroughly updated in line with recent literature. However, the biggest change is the introduction of more attachment theory. This is part of the evolution of the book and reflects Michael Jacobs' assertion the development of the text reflects "the dynamic part of the term 'psychodynamic'".

**IC** 2005 192PP  
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**New Dimensions in Body**  
**Psychotherapy**

Nick Totton

*Psychotherapist and Trainer in Private Practice, UK.*

This collection of ground-breaking work by practitioners at the forefront of contemporary body psychotherapy enriches the whole therapy world. It explores the leading edge of theory and practice, including:

- Neuroscientific contributions
- Embodied countertransference
- Movement patterns and infant development
- Freudian and Jungian approaches
- Continuum Movement
- Embodied-Relational Therapy
- Process Work
- Body-Mind Centering®
- Developmental Somatic Psychotherapy
- Trauma work

*New Dimensions in Body Psychotherapy* is an essential contribution to the 'turn to the body' in modern psychotherapy.

**Contributors:** Jean-Claude Audergon, Katya Bloom, Roz Carroll, Emilie Conrad, Ruella Frank, Linda Hartley, Gottfried Heuer, Peter Levine, Yorai Sella, Michael Soth, Nick Totton, David Tune.

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**Counselling in Context**

SERIES EDITORS: MICHAEL JACOBS AND MOIRA WALKER

**Counselling in the Workplace**

Adrian Coles

*Northamptonshire County Council, UK.*

This book looks at the complex conscious and unconscious roles that counsellors adopt in organisations and explores different approaches to providing counselling at work. It provides essential reading for counsellors, human resource managers, workplace supervisors, trade union officials and all those involved in decision-making with regard to employee counselling.

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**Body Psychotherapy**  
**An Introduction**

Nick Totton

*Psychotherapist and Trainer in private practice, UK.*

This book examines the growing field of body psychotherapy: surveys the many forms of body psychotherapy; describes what may happen in body psychotherapy and offers a theoretical account of how this is valuable, drawing in current neuroscientific evidence; defines the central concepts of the field and the unique skills needed by practitioners. It is accessible and practical, yet grounded throughout in current research.

**IC** 2003 160PP  
 0 335 21038 4 (EAN: 9 780335 210381) Paperback £23.99  
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**Understanding Trauma**  
**and Emotion**  
**Dealing with Trauma Using an**  
**Emotion-Focused Approach**

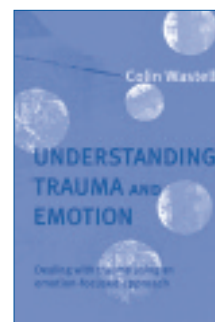
Colin Wastell

*Macquarie University, Sydney, Australia.*

Traumatic experiences can leave an indelible impression on those involved; one which the person may suppress or re-live with destructive and troubling consequences. For many traumatized individuals, the essence of their trauma is deeply emotional: terror, anger, anxiety.

Using extensive case studies and making clear links between theory and practice, Wastell presents an innovative practice manual for the counsellor and psychologist interested both in trauma treatment and human emotion. These principles for understanding trauma will also assist health professionals, including nurses, doctors, ambulance officers, social workers and police officers, to help their clients.

2004 224PP  
 0 335 21748 6 (EAN: 9 780335 217489) Paperback £21.99





**NEW Identifying Emotional and Psychological Abuse A Guide for Childcare Professionals**

Kieran O'Hagan

Formerly, Queen's University Belfast, UK.



The principal objectives of this book are to enable childcare workers to understand and deal more effectively with cases of emotional and psychological abuse. This necessitates a clear understanding of emotional and psychological development. All four concepts, emotional development, emotional abuse, psychological development and psychological abuse, are fully explored and clearly defined, in relation to existing literature and research, childcare legislation and practice, and child abuse enquiry reports, in particular that of Victoria Climbié.

The central thrust of the book examines emotional and psychological development and abuse in specific age categories, with particular emphasis on the 0-5 age range. There are also chapters on the 5-12 age range, and on adolescents. Chapters conclude with frameworks which are easily applicable to current practice, enabling workers to observe and assess more accurately the quality of emotional and psychological life of the children they serve.

**Contents:** Acknowledgements / Tables / **Part one: Understanding emotional and psychological abuse** / Reflections on Victoria Climbié and Sally Clark: Two cases, two verdicts, same problem / Ethical and legal frameworks / The challenge of definitions / Emotional and psychological development: Emotional and psychological abuse / **Part two: Observing and identifying normal development and abuse** / Infants and Infancy: The first twelve months / Infants two: 12-24 months / Two-to-three years old / Three-to-four year olds / Four-to-five year olds / Five-to-twelve year olds / Adolescents / **Part three: Practice realities and limitations** / Aaron and Grace: A case study / Implementing childcare law: Training and management responsibilities / Epilogue / References / Index.

IC June 2006 232PP

0 335 21546 7 (EAN: 9 780335 215461) Paperback £19.99

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**Surviving Secrets The Experience of Abuse for the Child, the Adult and the Helper**

Moira Walker

Independent Counsellor, UK.

**"The book is essential reading for all counsellors and workers in the 'caring professions'. Harsh and painful as the 'secrets' are to hear for the reader, the knowledge and understanding revealed by the 'survivors' of childhood abuse is invaluable."** - Counselling Newsletter

Moira Walker presents a moving account of the vast number of men and women who have reached adulthood with the experience of child abuse haunting them. An essential part of the content is based on interviews with survivors of child abuse, voicing their views on the effects of the experience and the effectiveness of the help offered.

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**THE POLITICS AND EXPERIENCE OF RITUAL ABUSE** Sara Scott  
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**SUICIDE - THE ULTIMATE REJECTION?** Colin Pritchard  
1995 224PP 0 335 19032 4 (EAN: 9 780335 190324) Paperback £23.99

**NEW The Sociology of Counselling and Psychotherapy**

Peter Morrall

University of Leeds, UK.



This book helps those involved in the practice, learning and teaching of counselling and psychotherapy to understand and articulate the contribution of sociological thinking with an emphasis on practice scenarios. Written in a stimulating and user-friendly style, the book uses sociology to critique psychotherapy and also provides a synthesis of the two to contribute to a 'clinical sociology'. The book draws parallels between the individual with psychological distress and dysfunctional societies, with globalization a key theme throughout.

**Contents:** Psychotherapy / Sociology / Self / Power / Communication / Madness / Sexuality / Happiness / Misery / Conclusion / Index.

IC September 2006 208PP

0 335 21875 X (EAN: 9 780335 218752) Paperback £19.99

0 335 21876 8 (EAN: 9 780335 218769) Hardback £65.00

**NEW The Politics of Psychotherapy New Perspectives**

Nick Totton (ed)

Psychotherapist and Trainer in private practice, UK.



This unique collection by leading authors explores the links between therapy and the political world, and their contribution to each other. Topics covered include:

- Psychotherapy in the political sphere, including the roots of conflict, social trauma, and ecopsychology
- Political dimensions of psychotherapy practice, such as discrimination, power, sexuality, and postcolonial issues
- Psychotherapy, the state and institutions, including the law and ethics, and psychotherapy in healthcare
- Working at the interface, examples of therapy in political action from Croatia, the USA, the UK and Israel/Palestine

How to 'place' political issues in therapy is highly controversial – for example, whether political themes should be interpreted psychologically in the consulting room, or respected as valid in their own right: similar issues arise for the role of therapeutic insights in political reality. This book provides a map through these complex and demanding areas for therapists and counsellors in training, as well as for experienced practitioners or other interested readers.

**Contributors:** Lane Arye, Arlene Audergon, Emanuel Berman, Sandra Bloom, Jocelyn Chaplin, Petruska Clarkson, Chess Denman, Dawn Freshwater, Kate Gentile, Susan Gutwill, John Lees, Hilary Prentice, Mary-Jayne Rust, Judy Ryde, Andrew Samuels, Nick Totton.

**Contents:** Introduction / **Part one: Psychotherapy in the political sphere** / **Part two: Political dimensions of psychotherapy practice** / **Part three: Practice psychotherapy, the state and institutions** / **Part four: Working at the interface: Psychotherapy in political action** / Bibliography / index.

IC February 2006 224PP

0 335 21653 6 (EAN: 9 780335 216536) Paperback £21.99

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## Race, Culture and Counselling

Colin Lago

*Independent Counsellor, UK.*

- Can therapy involving a therapist and client from differing cultural, ethnic and racial origins work?
- What are the main barriers to this relationship working well?
- What knowledge, skill and attitudes are required by therapists to enhance their work with "different" clients?

Therapists are inevitably affected by their own backgrounds, experiences and prejudices, which may manifest negatively within therapeutic relationships with clients of different cultural, racial and ethnic backgrounds to their own.

This book strives to explore these areas of challenge to successful therapy and to raise awareness of the many facets that may impact upon the relationship.

This substantially revised edition builds upon the foundations laid down in the first edition (which addressed, amongst other subjects, issues of race and power, cultures and their impact upon communication, and a review of the dominant theoretical discourses influencing counselling and psychotherapy and how these might impact upon mixed identity therapeutic relationships and includes the following additions:

- New chapters by black and white writers working within British, American and Canadian contexts
- Updated information on recent changes and challenges in the field
- New approaches to the issues of whiteness and power, multiple identities and identity development

*Race, Culture and Counselling* provides key reading for students, therapists, supervisors and teachers of therapists as well as students and professionals in allied professions such as social work, nursing, medicine and teaching.

With contributions by Shaindl Diamond, Joseph Roy Gillis, Courtland Lee, Roy Moodley, Gill Tuckwell, Clemmont Vontress and Val Watson.

**IC** 2005 304PP

0 335 21694 3 (EAN: 9 780335 216949) Paperback £22.99

## Racial Identity, White Counsellors and Therapists

Gill Tuckwell

*Willow Counselling Service, UK.*

This book explores the subject of racial identity and encourages readers to think freely about racial issues and to explore their own racial identity. Written from an integrative perspective, it aims to be permission-giving and to enable readers to overcome the constraints of political correctness. With a particular focus on white identity, the book challenges white therapists to develop their understanding of a relatively unexplored field. The author believes that self-awareness is an essential element of competency as a therapist, and she challenges all white therapists to be aware of what it means to be white, and how this influences the therapy process.

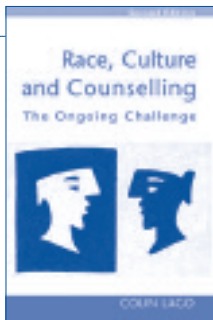
The book is written from a practitioner perspective, and is intended predominantly for practising counsellors and therapists, counselling supervisors and trainers. Students and researchers in social psychology and medical sociology may also be interested in the sections on the theoretical and historical context of therapy.

2002 208PP

0 335 21020 1 (EAN: 9 780335 210206) Paperback £18.99

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**BESTSELLER  
2ND EDITION**



## NEW Ethical Leadership

Manuel Mendonca and Rabindra Kanungo

*Both at McGill University, Canada.*

*Ethical Leadership* explores the nature of ethical leadership in terms of that which is viewed as morally good, and that which is viewed as technically or professionally competent. The authors use a conceptual framework that integrates leader behaviours and leadership influence processes, with ethical and moral values in the context of Western and non-Western sociocultural environments. The text draws on both authors' extensive experience in teaching and researching leadership, and provides a sound, systemic model from which practical strategies can be derived for good and effective leadership.

**Contents:** *Need for ethical leadership in organizations / Leadership theory and research: Modal orientations and emerging trends / Normative theories of ethics – a critical review / Ethical dimensions of leadership – the leader's motive, influence strategies and character / Preparing for ethical leadership in organizations / Ethical leadership in the context of Western and non-Western cultures: The issues of culture fit / Index.*

**IC** October 2006 192PP

0 335 21699 4 (EAN: 9 780335 216994) Paperback £19.99

0 335 21700 1 (EAN: 9 780335 217007) Hardback £60.00

## Forms of Ethical Thinking in Therapeutic Practice

Derek Hill and Caroline Jones (eds)

*Former Head of Practitioner Training at Relate; Independent Counselling Supervisor, UK.*

This book sets out to span a range of very different forms of therapy and explores the similarities and the differences between the ethical thinking of the practitioners concerned.

Essential reading for all practitioners in counselling and the therapies, students, trainers, supervisors and providers of therapeutic services.

2003 216PP

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0 335 21279 4 (EAN: 9 780335 212798) Hardback £55.00

## Questions of Ethics in Counselling and Therapy

Caroline Jones (ed)

*Independent Counselling Supervisor, UK.*

This book offers numerous questions and answers about ethics in counselling and therapy, training, counselling supervision, research and other important issues. It is written in a clear, accessible style and is aimed at a wide readership in counselling and therapy, ranging from trainees to more experienced practitioners.

**Contributors:** Roger Casemore, Derek Hill, Caroline Jones, Lesley Murdin, Carol Shillito-Clarke, Gabrielle Syme.

**IC** 2001 208PP

0 335 20610 7 (EAN: 9 780335 206100) Paperback £20.99

### VALUES AND ETHICS IN THE PRACTICE OF PSYCHOTHERAPY AND COUNSELLING

Fiona Palmer Barnes and Lesley Murdin (eds)

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### PSYCHOTHERAPY AND ITS DISCONTENTS

Windy Dryden and Colin Feltham

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## Core Concepts in Therapy

SERIES EDITOR: MICHAEL JACOBS

### NEW Objectives and Outcomes Questioning the Practice of Therapy

Jenifer Elton Wilson and Gabrielle Syme

*Counsellor and Psychotherapist; Psychotherapist and Counselling Psychologist, UK.*

This is an essential book for all those who have wondered what the purpose of psychotherapy is, what procedures are involved and what results are achieved. The authors are experienced psychotherapists who are ready both to share their personal experiences and to question these in the light of relevant research. This leads to a critical enquiry into how a practitioner's interest in linking the objectives and outcomes of therapeutic engagement may be used creatively to enhance the effectiveness of their practice, in a variety of settings and contexts.

Taking the form of an interactive process between the two authors, the book is accessible to all levels of knowledge and practice. It is enlivened with dialogue and case studies and is underpinned by a mini-research project, participated in by fellow practitioners in a series of workshops.

**Contents:** *Introduction: A conversation about our key questions / Overview of main orientations and their approach to objectives and outcomes / Contexts of counselling/therapy provision / Research and objectives and outcomes / Assessment at intake and the effect on outcomes / Types of outcomes / Where do we go from here? / Index.*

**IC** August 2006 160PP

0 335 21024 4 (EAN: 9 780335 210244) Paperback £18.99

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### NEW Words and Symbols

Nicola Barden and Tina Williams

*Portsmouth University; Leicester University, UK.*

This book takes apart, lays out and repositions the most basic of therapeutic tools – the language used to communicate between therapist and client. It provides a contextual perspective on what makes language develop as well as a summary of how infants develop a language; it attends to the words spoken in a consulting room and considers communication when speech is not possible. It examines what happens when words fail, how symbols are essential for communication, and whether the emphasis on words in the talking therapies has limited communication in the consulting room. The book addresses counsellors and psychotherapists from all major theoretical orientations, from psychodynamic therapies through to humanistic and existential approaches, maintaining an overview that is relevant to an integrative position.

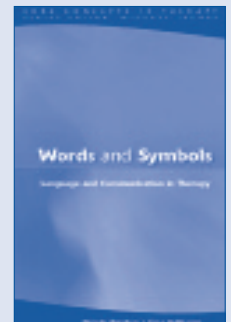
Written for students of counselling and psychotherapy as well as practitioners who want to develop their skills and awareness, the book engages the reader in understanding the essence of therapeutic communication.

**Contents:** *Learning language: Historical and contemporary perspectives / The words that make us: Influences on the development of therapeutic language / Language in therapy: Words and symbols across theoretical frameworks / Communication without speech: Another language? / Being with the other: Language and the therapeutic process / Agendered language: Does language have an agenda and a gender of its own? / The written word: Reflections on the process of writing about talking / Index.*

**IC** December 2006 128PP

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### The Therapist's Use of Self

John Rowan and Michael Jacobs

*Independent Consultant; Independent Consultant and Visiting Professor at Bournemouth University, UK.*

This book deals with what is perhaps the central question in therapy – who is the therapist? And how does that actually come across and manifest itself in the therapeutic relationship? Key reading for therapists.

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## NEW Attachment Narrative Therapy

Rudi Dallos  
University of Plymouth, UK.

This book sets out a framework for practice – Attachment Narrative Therapy – that provides a new approach to working with families, couples and individuals. This is not offered as a prescriptive model but as an aid and guide to practice that draws aspects of narrative and attachment therapy into systemic work. The synthesis of these ideas offers clinicians a new integrative way to approach their practice – one in which the three approaches are used to create a greater whole than their constituent parts.

The book includes:

- Clinical examples
- Personal reflections
- Frameworks for clinical practice
- Therapeutic guides that include details of the application of core techniques
- Extensive reading guides that offer connections to related theory and practice

*Attachment Narrative Therapy* is essential reading for a wide variety of therapists and counsellors along with researchers and trainers in those fields. It also provides insight into good practice for health and social welfare professionals in the area of family and child welfare.

**Contents:** Introduction / Attachment stories / Biology and stories: Attachment theory / Interacting stories: Narrative systematic therapy / Attachments in family contexts / ANT – an integrative model / Re-authoring lives: Clinical applications / Discussion / Index.

IC April 2006 220PP

0 335 21417 7 (EAN: 9 780335 214174) Paperback £17.99

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## Couple, Family and Group Work First Steps in Interpersonal Invention

Hugh Crago  
University of Western Sydney, Australia.

There are important common principles in working with couples, families and small groups, yet these interpersonal approaches are rarely taught in a unified way. *Couple, Family and Group Work* tackles this challenge clearly and confidently.

This book shows one-to-one counsellors and therapists how to shift gear in order to work effectively with the tensions between two or more clients at once. The goal is to harness ‘the power of many’ – the relief, creativity and excitement that comes when people rediscover what they have in common, instead of focussing on the differences that divide them.

Key features of this ground-breaking book include:

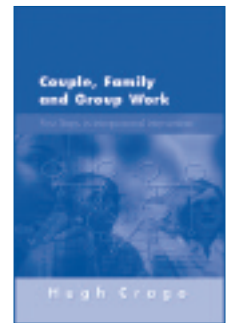
- The use of a single framework that integrates family therapy, group therapy and couple therapy
- Useful advice on what to say in difficult interpersonal situations
- Coverage of both psychodynamic and family systems principles
- The use of theory to aid understanding, rather than for its own sake
- Clear language and helpful explanations that illuminate complex issues

*Couple, Family and Group Work* is essential reading for those training, or newly qualified, in counselling, psychotherapy or the related helping professions. It is also of interest to students and professionals in the fields of psychology, social work, psychiatry, nursing and social welfare.

IC 2005 200PP

0 335 21688 9 (EAN: 9 780335 216888) Paperback £19.99

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## An Introduction to Family Therapy Systemic Theory and Practice

BESTSELLER

Rudi Dallos and Ros Draper  
University of Plymouth; Institute of Family Therapy, UK.

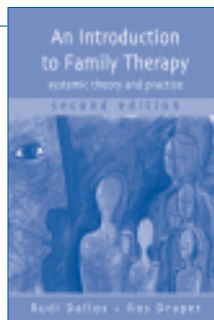
This popular introduction to the theory and practice of family therapy offers a comprehensive overview of the core concepts and ideas that have developed in systemic theory from the 1950s to the present day. Thoroughly updated with the latest research and developments, and illustrated throughout with lively examples drawn from clinical practice, this user-friendly guide provides practical resources and suggestions for improved therapeutic practice.

Written by experienced authors, this essential resource is key reading for students and practitioners of family therapy as well as those from the fields of counselling, psychology, social work and the helping professions who deal with family issues.

IC 2005 360PP

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## Anorexia Nervosa and Bulimia How to Help

BESTSELLER  
2ND EDITION

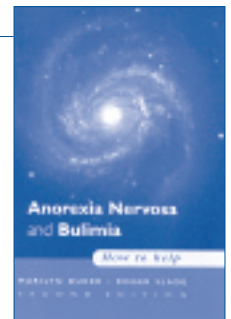
Marilyn Duker and Roger Slade  
Both Independent Eating Disorder Consultants, UK.

**“...this thoroughly researched and very detailed book provides the serious student of eating disorders with a great deal of useful and constructive information...The authors have made extensive use of their own experiences [of helping people recover] which help to illustrate their findings in a most straightforward and enlightening manner”.** - British Review of Bulimia and Anorexia Nervosa

This book is a must for anyone who wants to do something practical about anorexia nervosa/bulimia. Its unique contribution is the now widely acknowledged whirlpool theory which unifies the physiological and psychological aspects of the illness. This provides much needed alternatives for the helpers who are all too often drawn into coercing the sufferer to eat, which is psychologically destructive, or ignoring the physical aspects of the problem which can be dangerous. It also offers a basis for resolving continuing medical and legal dilemmas. To illustrate their approach, the authors draw extensively on their own research and many years of experience providing effective therapy. There is no other book that attends in such detail to the minute steps involved in leaving an anorexic/bulimic lifestyle behind.

2002 288PP

0 335 21203 4 (EAN: 9 780335 212033) Paperback £23.99



## Facing Death

SERIES EDITOR: DAVID CLARK

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**GRIEF IN SCHOOL COMMUNITIES** Louise Rowling

IC 2003 208PP 0 335 21115 1 (EAN: 9 780335 211159) Paperback £20.99

**ERIK ERIKSON** Kit Welchman

2000 208PP 0 335 20157 1 (EAN: 9 780335 201570) Paperback £24.99



## Facing Death

SERIES EDITOR: DAVID CLARK

## Art Therapy and Cancer Care

Diane Waller and Caryl Sibbett

Goldsmiths College, University of London; Queen's University, Belfast, UK.

This book is inspired by the experience of art therapists who have pioneered work with people with cancer, including those who have experienced this devastating illness at first hand.

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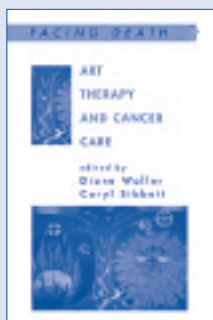
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## SERIES INDEX

Applying Social Psychology 9  
 Coaching in Practice 15  
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 Health Psychology 4  
 In Search of a Therapist 23  
 Managing Work and Organizations 6  
 Mapping Social Psychology 8  
 Open Guides to Psychology 10  
 Pink Therapy 23  
 Psychotherapy Handbooks 23  
 Social Science for Nurses and the  
 Caring Professions 2  
 Sociology and Social Change 5  
 Supervision in Context 14  
 Understanding Social Research 13

## TITLE INDEX

**A**  
 Abnormal and Clinical Psychology 1  
 Advanced Quantitative Data Analysis 13  
 Anorexia Nervosa and Bulimia 22  
 Applied Discourse Analysis 9  
 Applied Psychologist, The 10  
 Approaches to Psychology 2  
 Art Therapy 23  
 Art Therapy and Cancer Care 23  
 Attachment Narrative Therapy 22  
 Attitudes, Personality and Behaviour 8

**B**  
 Barriers, Defences and Resistance 21  
 Biographical Research 13  
 Body Psychotherapy 18  
 Brief Counselling 17

**C**  
 Challenging Women 9  
 Changing Health Behaviour 3  
 Character and Personality Types 21  
 Charlie - An Unwanted Child? 23  
 Clinical Judgement in the Health and  
 Welfare Professions 2  
 Coaching Skills 14  
 Coaching, Mentoring and  
 Organizational Consultancy 15  
 Competent Organization, The 6  
 Conscious and Unconscious 21  
 Control and the Psychology of Health 5  
 Counselling and Social Work 18  
 Counselling for Young People 18  
 Counselling in Careers Guidance 18  
 Counselling in Criminal Justice 18  
 Counselling in Psychological Services 16  
 Counselling in the Pastoral and  
 Spiritual Context 18  
 Counselling in the Voluntary Sector 18  
 Counselling in the Workplace 18  
 Counselling Skill 16  
 Counselling Skills for Church and  
 Community Faith Workers 16  
 Counselling Skills for Complementary  
 Therapists 17  
 Counselling Skills for Doctors 17  
 Counselling Skills for Teachers 17  
 Counselling Skills in Palliative Care 16  
 Counselling Skills in Social Work  
 Practice 17  
 Counsellor's Workbook, The 16  
 Couple Therapy 23  
 Couple, Family and Group Work 22  
 Counselling Skills for Nurses,  
 Midwives and Health Visitors 16  
 Critical Readings in Social Psychology 7  
 Critical Textwork 9

**D**  
 Describing Language 10  
 Designing and Reporting Experiments  
 in Psychology 11  
 Developing a Coaching Business 15  
 Doing Psychological Research 11  
 Dyslexia 10

**E**  
 Embodiment 4  
 Emotions and Needs 21  
 Erik Erikson 22  
 Essential Readings in Health  
 Psychology 3  
 Ethical Leadership 20  
 Ethnography 13  
 Evidence-Based Research 12

**F**  
 Family Focused Grief Therapy 22  
 Feminist Research in Theory and  
 Practice 13  
 Feminist Social Psychologies 9  
 Forms of Ethical Thinking in  
 Therapeutic Practice 20

**G**  
 Gains of Listening, The 17  
 Grief in School Communities 22  
 Group Process, Group Decision,  
 Group Action 8  
 Group Therapy in Britain 23

**H**  
 Handbook of Health Research  
 Methods 12  
 Health Communication 4  
 Health Psychology 3  
 Human Aggression 8  
 Hypnotherapy 23

**I**  
 Identifying Emotional and  
 Psychological Abuse 19  
 In Search of Supervision 23  
 Intergroup Relations 8  
 Internalization 21  
 Interventions and Techniques 21  
 Introducing Narrative Psychology 9  
 Introducing Qualitative Research in  
 Psychology 12  
 Introduction to Clinical Health  
 Psychology 1  
 Introduction to Counselling, An 16  
 Introduction to Family Therapy, An 22  
 Issues in Therapy with Lesbian, Gay,  
 Bisexual and Transgender Clients 23

**J**  
 Jitendra - Lost Connections 23

**L**  
 Language Understanding 10  
 Leading a Support Group 14  
 Learning Intelligence 10  
 Learning to Use Statistical Tests in  
 Psychology 11  
 Loss and Bereavement 5

**M**  
 Making Sense of Social Movements 8  
 Managing Consultants 6  
 Managing Management Development 6  
 Managing Staff Selection and  
 Assessment 6  
 Measuring Disease 12  
 Measuring Health 12  
 Memory 10

Models of Psychopathology 21  
 Morag - Myself or Mother Hen? 23

**N**  
 Negotiation in Social Conflict 8  
 New Dimensions in Body  
 Psychotherapy 18  
 NLP Coaching 15

**O**  
 Objectives and Outcomes 21  
 On Training to be a Therapist 16

**P**  
 Pain 5  
 Perception and Representation 10  
 Personality Development 21  
 Peta - A Feminist's Problem with Men 23  
 Pink Therapy 23  
 Politics and Experience of Ritual  
 Abuse, The 20  
 Politics of Psychotherapy, The 19  
 Postmodernism and Social Research 13  
 Predicting Health Behaviour 5  
 Presenting Past, The 18  
 Problem Solving 10  
 Psychodynamic Approaches to  
 Sexual Problems 6  
 Psychological Care for Ill and  
 Injured People 2  
 Psychological Dimensions to  
 Coaching 15  
 Psychology and Health Promotion 5  
 Psychology for Nurses and the  
 Caring Professions 2  
 Psychology of Appearance, The 4  
 Psychology of Gender and  
 Sexuality, The 6  
 Psychology of Men's Health, The 5  
 Psychotherapy and its Discontents 20  
 Psychotherapy Supervision 14

**Q**  
 Qualitative of Data Analysis 13  
 Qualitative Methods in Psychology 12  
 Qualitative Psychology 12  
 Qualitative Research in Health Care 12  
 Qualitative Research in Practice 12  
 Questions of Ethics in Counselling  
 and Therapy 20

**R**  
 Race, Culture and Counselling 20  
 Racial Identity, White Counsellors and  
 Therapists 20  
 Realities of Human Resource  
 Management, The 6  
 Reflections on Research 12  
 Reflective Practice and Supervision  
 for Coaches 15  
 Reflexive Embodiment in  
 Contemporary Society 5  
 Relating to Others 8  
 Research Methods in Health 12  
 Researching Palliative Care 13  
 Researching Psychotherapy and  
 Counselling 13  
 Rethinking Gender and Therapy 6  
 Rethinking Health Psychology 5  
 Risk Communication and Health  
 Psychology 4

**S**  
 Self and Personality Structure, The 21  
 Simulation for the Social Scientist 11  
 Skills of Clinical Supervision for  
 Nurses 14  
 Social Constructionist Psychology 9  
 Social Context of Health, The 5  
 Social Perception 8

Social Psychology 7  
 Social Psychology and Health 8  
 Social Psychology and Modernity 9  
 Social Psychology Matters 7  
 Social Psychology of Consumer  
 Behaviour, The 9  
 Social Psychology of Drug Abuse, The 9  
 Social Psychology of Exercise and  
 Sport, The 9  
 Social Psychology of Food, The 9  
 Social Psychology: Conflicts and  
 Continuities 9  
 Social Research 13  
 Social Theory and Applied Health  
 Research 13  
 Social Work Supervisor, The 14  
 Sociology of Counselling and  
 Psychotherapy, The 19  
 Special Educational Needs, Inclusion  
 and Diversity 10  
 SPSS Survival Manual 10  
 Stress 5  
 Successful Qualitative Health  
 Research 12  
 Suicide - The Ultimate Rejection? 20  
 Supervision in the Helping  
 Professions 14  
 Supervision of Psychotherapy and  
 Counselling 14  
 Surviving the Social World 13  
 Survival in Groups 14  
 Surviving Secrets 19

**T**  
 Therapeutic Environment, The 21  
 Therapeutic Perspectives on Working  
 with Lesbian, Gay and Bisexual  
 Clients 23  
 Therapists into Coach 15  
 Therapist's Use of Self, The 21  
 Thinking Psychologically About  
 Gender and Sexuality 6  
 Transference and Projection 21

**U**  
 Understanding Human Resource  
 Management 6  
 Understanding Mentoring 10  
 Understanding Psychology and Crime 7  
 Understanding Soccer Hooliganism 9  
 Understanding Trauma and Emotion 18  
 Unobtrusive Methods in Social  
 Research 13  
 Use of Counselling Skills in the  
 Emergency Services, The 16

**V**  
 Values and Ethics in the Practice of  
 Psychotherapy and Counselling 20

**W**  
 Words and Symbols 21

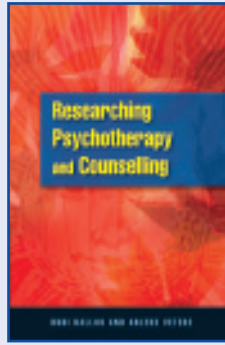
## AUTHOR INDEX

- A**  
 Ajzen, I. 8  
 Aldridge, A., Levine, K. 13  
 Alvesson, M. 13  
 Aveline, M., Dryden, W. (eds) 23
- B**  
 Bagozzi, R.P., Gurhan-Canli, Z.,  
 Priester, J.R. 9  
 Baker, K., Parsons, C. 6  
 Banister, P. et al. 12  
 Barden, N., Williams, T. 21  
 Baron, R.S., Kerr, N.L. 8  
 Bartlett, D. 5  
 Bennett, P. 1  
 Bennett, P., Murphy, S. 5  
 Berry, D. 4  
 Bluckert, P. 15  
 Bond, M., Holland, S. 14  
 Bowling, A. 12  
 Bowling, A., Ebrahim, S. 12  
 Brearley, J. 18  
 Brewer, J.D. 13  
 Brewer, M. 8  
 Brinich, P., Shelley, C. 21  
 Brown, A., Bourne, I. 14  
 Brown, B., Crawford, P., Hicks, C. 12  
 Burman, E. et al. 9
- C**  
 Clark, T., 6  
 Cohen, G., Kiss, G., Le Voi, M. 10  
 Coles, A. 18  
 Conner, M., Armitage, C.J. 9  
 Conner, M., Norman, P. (eds) 5  
 Crago, H. 22  
 Cramer, D. 13  
 Crossley, M. 5  
 Crossley, M.L. 9  
 Crossley, N. 5, 8
- D**  
 Daines, B., Perrett, A. 6  
 Dallos, R. 22  
 Dallos, R., Draper, R. 22  
 Dallos, R., Vetere, A. 13  
 Darlington, Y., Scott, D. 12  
 Davies, D. 18  
 Davies, D., Bhugra, D. 21  
 Davies, D., Neal, C. (eds) 23  
 Davy, J., Cross, M. 21  
 Davy, J., Ellis, S. 16  
 Douglas, T. 14  
 Dryden, W., Feltham, C. 20  
 Duck, S. 8  
 Duker, M., Slade, R. 22  
 Dyson, S., Brown, B. 13
- E**  
 Edwards, D., Jacobs, M. 21  
 Elton Wilson, J., Syme, G. 21
- F**  
 Feltham, C. (ed) 17  
 Feltham, C., Dryden, W. 17  
 Field, D. et al (eds) 13  
 Frederickson, N., Cline, T. 10  
 Freshwater, D. 16  
 Freshwater, D., Robertson, C. 21
- G**  
 Geen, R.G. 8  
 Gibbs, G.R. 13  
 Gilbert, M.C. Evans, K. 14  
 Gilbert, N., Troitzsch, K. 11  
 Glassman, W.E., Hadad, M. 2  
 Graddol, D. et al. 10  
 Grant, J., Crawley, J. 21
- Greene, J., Coulson, M. 10  
 Greene, J., d'Oliveira, M. 11
- H**  
 Hagger, M., Chatzisarantis, N. 9  
 Hallowell, N., Lawton, J.,  
 Gregory, S. (eds) 12  
 Hansen, E. 12  
 Hardey, M. 5  
 Harris, P. 11  
 Hartley, J., Branthwaite, A. (eds) 11  
 Hawkins, P., Shohet, R. 14  
 Hawkins, P., Smith, N. 15  
 Hay, J. 15  
 Hayes, N. 11  
 Hayes, P. 15  
 Hazler, R.J., Barwick, N. 21  
 Heap, M., Dryden, W. (eds) 23  
 Hetherington, A. 16  
 Hill, D., Jones, C. (eds) 20  
 Hodgkinson, G.P. Sparrow, P. 6  
 Holloway, I. (ed) 12  
 Holloway, W., Lucey, H., Phoenix, A. 7  
 Hooper, D., Dryden, W. (eds) 23  
 Horn, S., Munafo, M. 5  
 Howitt, D. et al. (eds) 9
- I**  
 Iles, P. 6  
 Izzard, S., Barden, N. (eds) 6
- J**  
 Jacobs, M. (ed) 23  
 Jacobs, M. 18  
 Jayasinghe, M. 18  
 Johansson, T. 9  
 Jones, C. (ed) 20
- K**  
 Kahney, H. 10  
 Kamoche, K.N. 6  
 Karter, J. 16  
 Kerr, J. 9  
 King, G. 17  
 Kissane, D.W. Bloch, S. 22
- L**  
 Lago, C. 20  
 Langdrige, D., Taylor, S. 7  
 Lee, C., Owens, R.G. 5  
 Lee, R. 13  
 Letherby, G. 13  
 Lyall, D. 18
- M**  
 Mabey, J., Sorensen, B. 18  
 MacLachlan, M. 4  
 March-Smith, R. 17  
 May, T. 13  
 McGuire, J. 7  
 McLeod, J. 16  
 Mendonca, M., Kanungo, R. 20  
 Miles, T. R., Miles, E. 10  
 Mole, G. 6  
 Morrall, P. 19
- N**  
 Neal, C., Davies, D. (eds) 23  
 Nichols, K. 2  
 Nichols, K., Jenkinson, J. 14  
 Nightingale, D.J., Cromby, J. (eds) 9
- O**  
 O'Hagan, K. 19  
 Ogden, J. 3
- P**  
 Pallant, J. 10  
 Palmer Barnes, F., Murdin, L. (eds) 20  
 Parker, I. 12
- Parker, I., Bolton Discourse Network 9  
 Payne, S., Horn, S., Relf, M. 5  
 Pritchard, C. 20  
 Pruitt, D.J., Carnevale, P.J. 8
- R**  
 Roberts, B. 13  
 Rogers, J. 14, 15  
 Ross, A. 16  
 Roth, I., Bruce, V. 10  
 Rowan, J., Jacobs, M. 21  
 Rowling, L. 22  
 Rumsey, N., Harcourt, D. 4  
 Rutter, D., Quine, L. (eds) 3
- S**  
 Scott, S. 20  
 Seden, J. 17  
 Seiser, L., Wastell, C. 21  
 Shayer, M., Adey, S. (eds) 11  
 Shipton, G. (ed) 23  
 Simanowitz, V., Pearce, P. 21  
 Sisson, K., Storey, J. 6  
 Smith, S., Norton, L. 17  
 Stainton Rogers, W. 7  
 Stainton Rogers, W.,  
 Stainton Rogers, R. 6  
 Stroebe, W. 8  
 Sussman, S., Ames, S.L. 9
- T**  
 Tomlinson, P. 10  
 Totton, N. (ed) 19  
 Totton, N. 18  
 Totton, N., Jacobs, M. 21  
 Tuckwell, G. 20  
 Turner, J.C. 8  
 Tyndall, N. 18
- V**  
 Vaughan Smith, J. 15
- W**  
 Walker, J. 5  
 Walker, J., Payne, S., Smith, P.,  
 Jarrett, N. 2  
 Walker, M. (ed) 23  
 Walker, M. 19  
 Waller, D., Gilroy, A. (eds) 23  
 Waller, D., Sibbett, C. 23  
 Wallis, K.C. Poulton, J.L. 21  
 Wastell, C. 18  
 Welchman, K. 22  
 White, S., Stancombe, J. 2  
 Wilkinson, S. (ed) 9  
 Williams, B. 18  
 Willig, C. (ed) 9  
 Willig, C. 12
- Z**  
 Zebrowitz, L. 8





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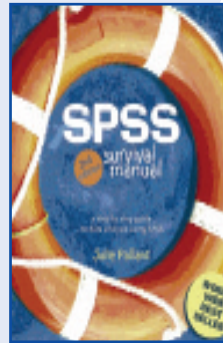
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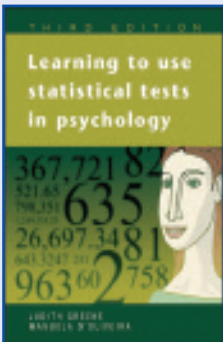
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