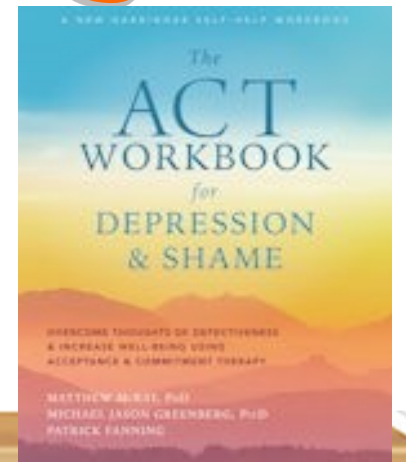
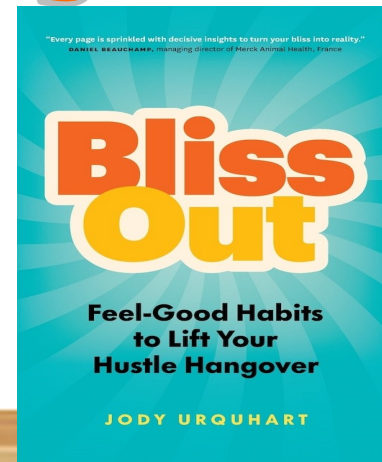
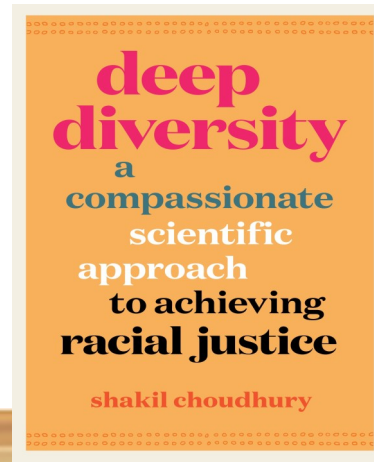
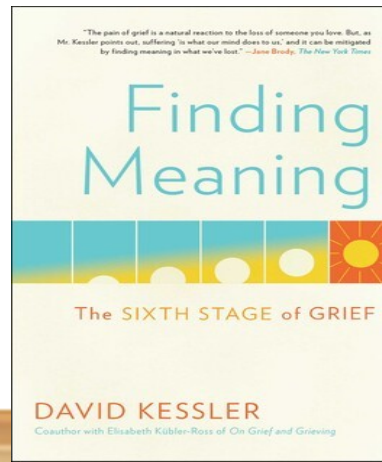
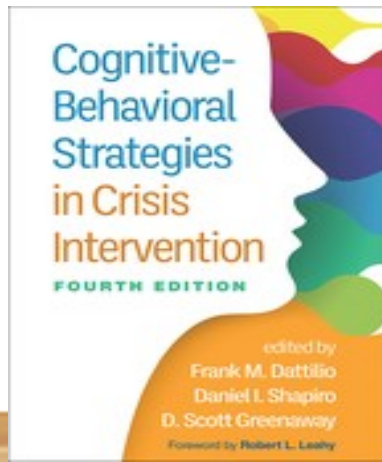
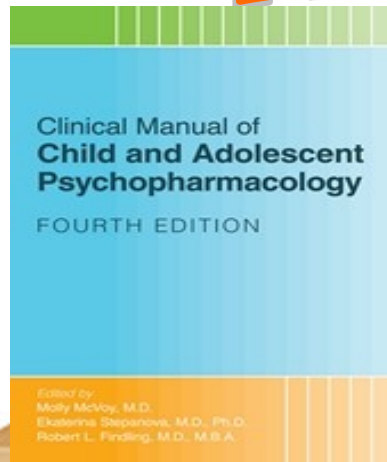


# New Titles January 2025



## **Clinical Manual of Child and Adolescent Psychopharmacology / McVoy**

Updated to include a succinct yet thorough review of the most recent evidence-based information and data-driven best treatment practices in child and adolescent psychiatry and with a depth of information unmatched by any other guide, the newer 4th edition of this manual is an indispensable desktop reference for clinicians working with young patients.

[WS 350 C32 2024](#)

## **Cognitive Behavioral Strategies in Crisis Intervention / Dattilio**

The 4th edition of this comprehensive guide to CBT with clients in crisis has been significantly revised with 75% new material. Over 15 years of clinical and research advances are reflected in fully updated chapters on evidence-based brief strategies for helping people cope in highly stressful situations and addresses suicide prevention, crises related to mental and physical health, child and family crises, and more.

[WM 401 C64 2023](#)

## **Finding Meaning: The sixth stage of grief / Kessler**

In this groundbreaking work, David Kessler- an expert on grief and coauthor with Elisabeth Kubler-Ross of the iconic *On Grief and Grieving* - journeys beyond the classic five stages to discover a critical sixth stage: finding meaning that can transform grief into a more peaceful and hopeful experience. He shares insights, collective wisdom, and powerful tools learned over decades. A companion workbook "tools for releasing pain and remembering with love" is also available.

[BF 789 K46 2019](#)

## **Deep Diversity: A compassionate scientific approach to achieving racial justice / Choudhury**

*Deep Diversity* is a unique, evidence-based approach to racial justice that seeks to overcome feelings of shame that so often block our progress and prevent deep change at individual and systemic levels. This book will meet you where you're at, regardless of your identity, class, ability, or belief system, and invites you to come along on a journey of self-discovery, social awareness, and lifelong learning.

[BF 575 C46 2021](#)

## **Bliss Out: Feel-good habits to lift your hustle hangover / Urquhart**

The simple, feel-good habits in *Bliss Out* never require effort, just a slice of your attention. Getting what you want is rewarding and fun when you line up with your bliss before taking action. This book is about feeling good. It's an all-out champion for your good vibes. All it asks of you is that you accept an invitation to take a break from dissecting complicated issues in life and bliss out in happiness instead.

[BF 501 U89 2022](#)

## **The ACT Workbook for Depression & Shame: Overcome thoughts of defectiveness and increase well-being using acceptance & commitment therapy / McKay**

Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

[WM 425.5 M39 2020](#)



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