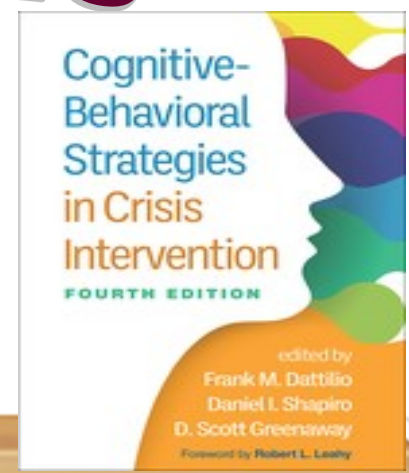
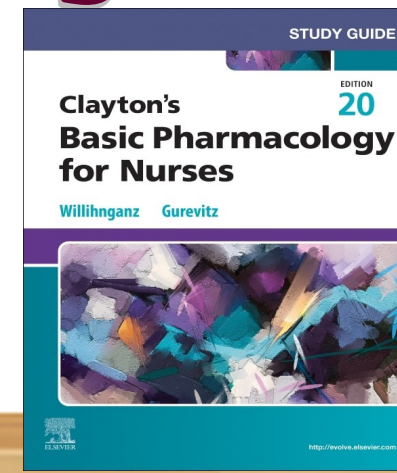
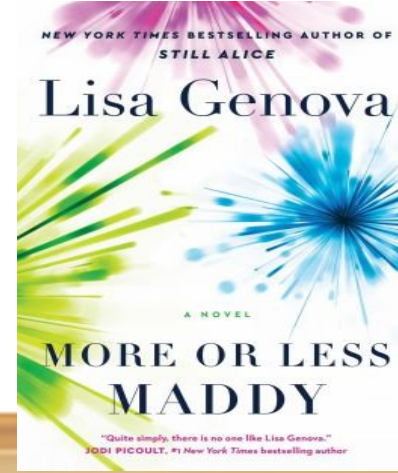
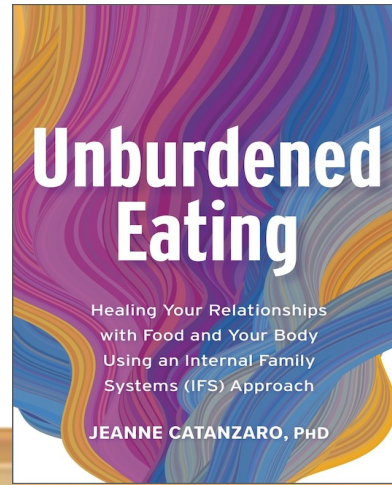
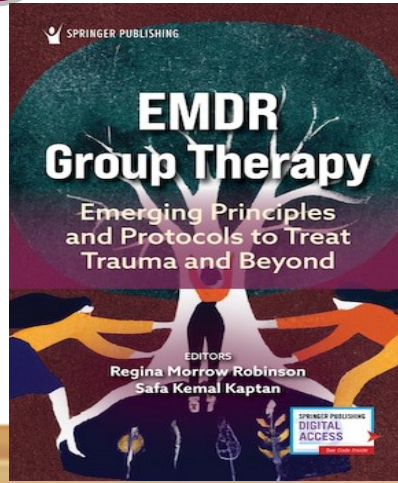
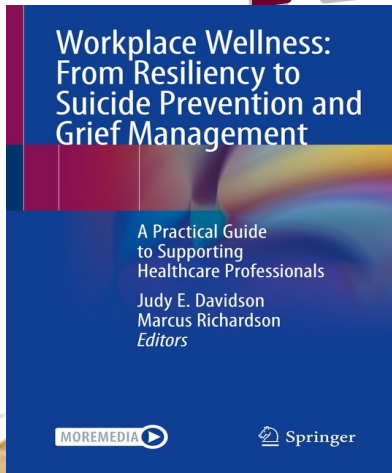


New Titles February 2026



Workplace Wellness: From resiliency to suicide prevention and grief management / Davidson

This book uniquely provides actionable strategies to optimize wellness among health professionals. It breaks down barriers to explore the taboo topics of mental health disorders, substance use and suicide to identify colleagues in need of help. Each chapter includes learning objectives, a brief presentation of the science, application of principles into practice and discussion questions.

[WA 495 W89 2023](#)

EMDR Group Therapy: Emerging principles and protocols to treat trauma and beyond / Robinson

This text describes the theory and practical applications of EMDR group therapy, comparing nine group protocols through the lens of the eight phases of EMDR therapy and early intervention principles. It emphasizes the concept of task sharing, allowing facilitators to deliver low-intensity EMDR treatment options effectively.

[WM 425.5 E98 2024](#)

Unburdened Eating: Healing your relationships with food and your body using Internal Family Systems (IFS) approach / Catanzaro

Written through the lens of IFS, this book offers a sustainable path to heal your relationships with food and your body. It will allow you to heal the critical and diet-minded parts of yourself, stop trying to fix parts of yourself and your body that are “unacceptable”, trust yourself to connect to your body with compassion and care and become more resistant to societal messages about what it means to be healthy and attractive.

[WM 175 C38 2024](#)

More or Less Maddy: A novel / Genova

From Lisa Genova, author and neuroscientist of the New York Times bestselling *Still Alice*, comes a new novel centred around a woman as she struggles with bipolar disorder. This book dives into what it means to have bipolar disorder by brilliantly allowing us to empathize with a young up-and-coming comedian who—like all of us— is trying to understand what makes us normal, what makes us special and what makes life worth living.

[WM 171.7 G56 2025](#)

Clayton's Basic Pharmacology for Nurses, 20th ed. / Willihnganz & Gurevitz

Concise and easy to use, this essential resource helps you master the basics of medication administration and drug actions. Learn how to provide safe, effective nursing care for patients receiving drug therapy and understand the principles of pharmacology and apply them to nursing practice. This updated 20th edition ensures you are learning the most current drug and treatment protocols.

[QV 4 C62 2026](#)

Cognitive Behavioral Strategies in Crisis Intervention, 4th ed. / Dattilio

The most comprehensive guide to CBT with clients in crisis is now in a significantly revised fourth edition 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.

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