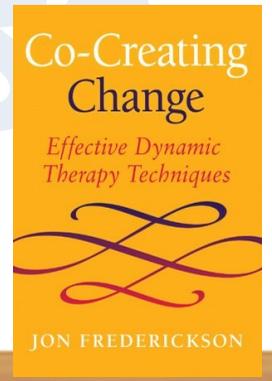
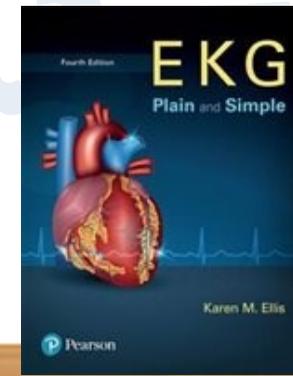
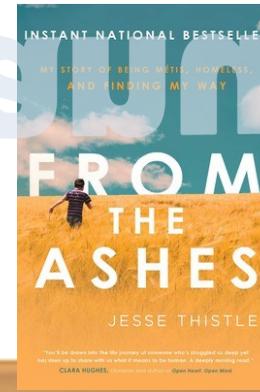
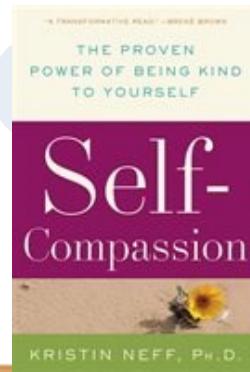
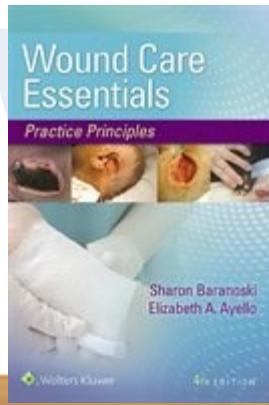
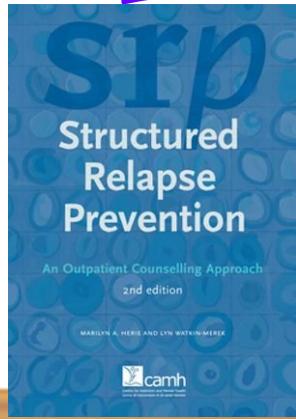


# New Titles January 2020



**Structured Relapse Prevention: An outpatient counselling approach / CAMH**

*Structured Relapse Prevention (SRP)* provides the substance use treatment field with an effective program for clients seeking to maintain change and avoid relapse. This edition features session-by-session guides, clinical tools and a comprehensive set of coping skills exercises for use with clients.

**WM 270 H47 2006**

**Wound Care Essentials: Practice principles / Baranoski**

Your go-to clinical guide to assessing and treating the full range of skin and wound conditions--from common to less common, simple to complex, and acute to chronic. This comprehensive, easy-read handbook provides practical guidance on the many aspects of wound care, including the legal, ethical, psychological, and social aspects.

**WO 700 B56 2016**

**Self-compassion: The proven power of being kind to yourself / Neff**

More psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

**WG 140 E46 2017**

**From the Ashes: My story of being Métis, homeless, and finding my way / Thistle**

*From the Ashes* is a remarkable memoir about hope and resilience, and a revelatory look into the life of a Métis-Cree man who refused to give up. Jesse Thistle, once a high school dropout and now a rising Indigenous scholar, chronicles his life on the streets and how he overcame trauma and addiction to discover the truth about who he is.

**E99 M47 T55 2019**

**EKG: Plain and simple / Ellis**

This conversational text teaches EKG from basic to advanced concepts. Unlike books that encourage rote memorization, the conversationally-written *EKG Plain and Simple* puts the student at the patient's bedside. This popular text focuses not just on identifying rhythms or EKGs, but also on what can be done for the patient.

**WG 140 E46 2017**

**Co-Creating Change: Effective dynamic therapy techniques / Frederickson**

Would you like to help the 50 percent of patients who drop out of therapy before they have received its full benefits? To be successful therapists must know how to help patients experience previously avoided feelings. *Co-Creating Change* provides clear systematic steps for assessing patients' needs and intervening.

**WM 420.5 P75 2013**



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