

# Psychiatry and Psychology Resources

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The most widely read psychiatric journal in the world and an indispensable journal for psychiatrists who need to stay on the cutting edge of virtually every aspect of psychiatry.

#### *British Journal of Psychiatry*

A leading international peer-reviewed journal, covering all branches of psychiatry with a particular emphasis on the clinical aspects of each topic.

#### *Canadian Journal of Psychiatry*

Keeping psychiatrists up-to-date on the latest research for over 60 years, providing a forum for professionals to share their findings, theories and concepts.

#### *Counselor: The Magazine for Addiction Professionals*

The longest running publication in the addiction field and the leading source of practical, how-to information for professionals in addiction treatment and behavioral healthcare.

#### *Psychology Today*

Publishes content written by clinicians, experts and researchers from across the fields of behavior and psychology.

#### *Psychotherapy Networker*

Written with the practical needs of clinicians in mind and celebrated for its engaging style, the Networker is the most widely read publication in the psychotherapy community today.

#### *Schizophrenia Bulletin*

Publishes recent developments and empirically based hypotheses regarding the etiology, pathophysiology and treatment of schizophrenia and related disorders.

### Books

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## Psychiatry and Psychology Resources SJCG Library

[A Compendium of Neuropsychological Tests: Fundamentals of neuropsychological assessment and test reviews for clinical practice](#), 4<sup>th</sup> ed. / Sherman, et al., 2022.

WL 141 S76 2022

[A Concise Guide to Borderline Personality Disorder](#) / Joel Paris, 2025.

WM 190 P37 2025

[ACT Made Simple: An easy-to-read primer on acceptance and commitment therapy](#), 2<sup>nd</sup> ed. /

Harris, 2019. WM 425.5 H31 2019

[Addiction Psychiatry: Challenges and recent advances](#) / Psychiatric Clinics of North America,

2022. W3 C6P7 v45 no3 2022

[Anxiety Disorders: An information guide](#) / Centre for Addiction and Mental Health (CAMH),

2023. WM 172 R42 2023

[Clinical Handbook of Psychological Disorders: A step-by-step treatment manual](#), 6th ed. /

Barlow, 2021. WM 420 C58 2021

[Clinical Handbook of Psychotropic Drugs](#), 26<sup>th</sup> edition / [edited by] Ric M. Procyshyn, Katelyn

Halpape; David D. Kim. QV 77.2 C64 2025

[Clinical Manual of Child and Adolescent Psychopharmacology](#), 4<sup>th</sup> ed. / APA, 2024.

WS 350 C32 2024

[Clinician's Guide to Bipolar Disorder](#) / Miklowitz, 2015.

WM 171.7 M54 2015

[Clinician's Guide to Suicide Management: A proactive, compassionate approach to manage risk, navigate crises, and minimize hospitalization](#) / Paul Brasler, 2025. WM 165 B34 2025

[Clinician's Thesaurus: The guide to conducting interviews and writing psychological reports](#) /

Zuckerman, 2019. WM 34 Z94 2019

[Cognitive-Behavioral Strategies in Crisis Intervention](#), 4<sup>th</sup> ed. / Dattilio, et al., 2023.

WM 401 C64 2023

[Cognitive Processing Therapy for PTSD: A comprehensive therapist manual](#), 2<sup>nd</sup> ed. /

Resick, Monson & Chard, 2024. WM 172.5 R24 2024

[Cognitive Therapy of Depression](#), 2<sup>nd</sup> ed. / Aaron T. Beck, et al., 2024.

WM 171 B43 2024

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[Concise Guide to Child and Adolescent Psychiatry](#), sixth edition / Tapan Parikh, et al., 2026  
WS 463 P84 2026

[Creating Change: A past-focused treatment for trauma and addiction](#) / Lisa Najavits, 2024.  
WM 270 N33 2024

[DBT Skills Training Manual](#), revised edition / Marsha Linehan, 2025. WM 190.5 L56 2025

[Diagnostic and Statistical Manual of Mental Disorders: DSM-5-TR](#) / American Psychiatric Association, 2022. WM 15 2022

[Early Psychosis: An information guide](#), revised edition / Centre for Addiction and Mental Health (CAMH), 2022. WM 200 B76 2022

[EMDR Group Therapy: Emerging principles and protocols to treat trauma and beyond](#) / Regina Morrow Robinson, 2024. WM 425.5 E98 2024

[Ethics in Psychiatry](#) / Psychiatric Clinics of North America, 2021. W3 C6P7 v44 no4 2021

[Essentials of Clinical Geriatrics](#), 8<sup>th</sup> edition / Kane, et al., 2018. WT 100 E78 2018

[Evidence-Based Treatment for Anxiety Disorders and Depression: A cognitive behavioral therapy compendium](#) / Tood & Branch, editors, 2022. WM 425.5 E95 2022

[Evidence Based Treatments for Trauma-Related Psychological Disorders: A practical guide for clinicians](#) / Schnyder & Cloitre, editors, 2022. WM 172.5 E93 2022

[Get Out of Your Mind & Into Your Life: The new acceptance & commitment therapy](#), 20<sup>th</sup> Anniversary edition / Steven C. Hayes, 2025. WM 425.5 H39 2025

[Geriatric Psychiatry](#) / Psychiatric Clinics of North America, 2018. W3 .C6P7 v. 41 no 1 2018

[Handbook of Dual Diagnosis: Assessment and treatment in persons with intellectual disorders](#) / Matson, 2020. WS 107 H47 2020

[Handbook of Personality Disorders: Theory, research, and treatment](#), 2<sup>nd</sup> ed. / Livesley & Larstone editors, 2018. WM 190 H2365 2018

[I Hate You – Don't Leave Me: Understanding the Borderline Personality Disorder](#), 3<sup>rd</sup> ed. / Kreisman, 2021. WM 190 K74 2021

[I Want to Change My Life: How to overcome anxiety, depression & addiction](#) / Melemis, 2010.  
BF 637 S4M46 2010

## Psychiatry and Psychology Resources SJCG Library

[Kaplan & Sadock's Concise Textbook of Clinical Psychiatry](#), 4<sup>th</sup> ed. / Sadock, Sadock & Ruiz, 2017.  
WM 140 K37 2017

[Kaplan & Sadock's Synopsis of Psychiatry](#) / editors, Boland, et al., 2022. WM 140 K36 2022

[Living Well with Bipolar Disorder: Practical strategies for improving your daily life](#) / Miklowitz, 2024. WM 207 M55 2024

[Living Well with Psychosis: Practical strategies for improving your daily life](#) / Brinen, 2025.  
WM 200 B75 2025

[Managing Challenging Behaviour Following Acquired Brain Injury: Assessment, intervention and measuring outcomes](#) / Alderman, 2024. WL 354 M61 2024

[Memory Loss, Alzheimer's Disease, and Dementia: A practical guide for clinicians](#), 3<sup>rd</sup> ed. / Budson & Solomon, 2022. WT 155 B92 2022

[Motivational Interviewing in Healthcare: Helping patients change behavior](#) / Rollnick, Miller & Butler, 2022. WM 143 R75 2022

[Motivational Interviewing in the Treatment of Psychological Problems](#) / Burke, Lundahl & Arkowitz, editors, 2025. WM 143 M91 2025

[Narrative Therapy with Older Adults: Stories, wisdom, resilience](#) / Esther Oi-Wah Chow, et al., 2025. WT 152 C46 2025

[Pocket Guide to Emergent and Serious Adverse Events in Psychopharmacology](#) / APA, 2023.  
QV 39 P23 2023

[Principles and Practice of Psychiatric Rehabilitation: Promoting recovery and self-determination](#) / Corrigan, et al., 2024. WM 30 P74 2024

[Process-Based CBT: The science and core clinical competencies of cognitive behavioral therapy](#) / editors, Hayes & Hofmann, 2018. WM 425.5 P75 2018

[Psychiatry in Canada: 50 years \(1951 to 2001\)](#) / Canadian Psychiatric Association, 2001.  
WM 11 S56

[Recovering From a First Episode Psychosis: An integrated approach to early intervention](#) / Jackson, 2019. WM 200 J33 2019

[Schizophrenia: A practical primer](#), 2<sup>nd</sup> ed. / Keshavan, et al., 2024. WM 203 S38 2024

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[Social Skills Training for Schizophrenia: A step-by-step guide](#), 3<sup>rd</sup> ed. / Kim T. Mueser, et al., 2024. WM 203 S59 2024

[Stahl's Essential Psychopharmacology: Neuroscientific basis and practical applications](#), 5th edition (E-Book) / Stahl, 2021.

[Substance Use in Older Adults](#) / American Psychiatric Association, 2024. WM 270 S89 2024

[The ACT Workbook for Behavioral Addictions: A practical guide to understand your triggers, break compulsive patterns, and embrace pain with purpose](#) / Jennifer L. Patterson, 2025. WM 425.5 P56 2025

[The Anxious Perfectionist: How to manage perfectionism-driven anxiety using acceptance & commitment therapy](#) / Ong et al., 2022. WM 425.5 O65 2022

[The Maudsley Prescribing Guidelines in Psychiatry](#), 14th Edition / Taylor, Barnes, & Young, 2021. QV 77 T56 2021

[The Mindful Way Through Anxiety: Break free from chronic worry and reclaim your life](#), Orsillo & Roemer, 2011. WM 425.5 O76 2011

[The Mindful Way Through Depression: Freeing yourself from chronic unhappiness](#), 2<sup>nd</sup> ed. / Williams, et al., 2025. WM 170 M66 2025

[The Psychosis Workbook: Understand what you're going through, take an active role in your recovery, and prevent relapse](#) / Dewhirst, 2024. WM 200 D94 2024

[Transforming Cognitive Rehabilitation: Effective instructional methods](#) / Sohlberg, et al, 2023. WM 425.5 S65 2023

[Treating Psychosis: A clinician's guide to integrating acceptance and commitment therapy, compassion-focused therapy, and mindfulness approaches within the cognitive behavioral therapy tradition](#) / Wright, 2014. WM 200 W947 2014

[Unburdened Eating: Healing your relationships with food and your body using Internal Family Systems \(IFS\) Approach](#) / Catanzaro, 2024. WM 175 C38 2024

[When the Body Says No: The cost of hidden stress](#), Vintage Canada edition / Mate, 2021. WM 172 M37 2021

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## SJCG Library

### Databases

SJCG Library offers several databases that are accessible from your ZenWorks Application Portal. We offer health, research, point of care and drug databases. Each database is searchable and where you will find references to published literature, including journal and newspaper articles, government and legal publications, patents, reports, and books. The Library also offers a literature search service to all staff. Request a **literature search** [here](#).

APA PsycInfo (EBSCO Research Databases) is the American Psychological Association's (APA) renowned resource for abstracts of scholarly journal articles, book chapters, books, and dissertations. It is the largest resource devoted to peer-reviewed literature in behavioral science and mental health. Included is information on the psychological aspects of related fields such as medicine, psychiatry, nursing, sociology, education, pharmacology, technology, linguistics, anthropology, business, law and others.

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