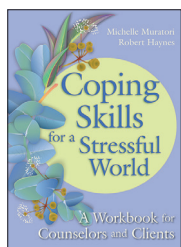


New Books From ACA

for Classroom and Clinical Use

Coping Skills for a Stressful World: A Workbook for Counselors and Clients

Michelle Muratori and Robert Haynes

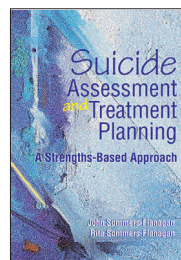


This counseling tool kit for stress management provides clinicians with hundreds of client exercises and activities. The authors' creative techniques represent a variety of therapeutic approaches for helping clients handle traditional concerns, including anxiety, depression, anger, and grief in addition to heightened present-day issues, such as natural and human-made disasters, the misuse of social media, political divisiveness, social injustice, and mass shootings and other violence. Strategies for counselor self-care and client life after counseling are also presented.

2020 | 224 pgs | Order #78163 | ISBN 978-1-55620-389-3
List Price: \$62.95 | **ACA Member Price: \$44.95**

Suicide Assessment and Treatment Planning: A Strengths-Based Approach

John Sommers-Flanagan and Rita Sommers-Flanagan

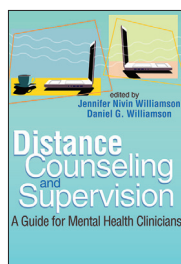


This guide provides a holistic approach to understanding suicide and working effectively with clients who are suicidal. John and Rita Sommers-Flanagan's seven-dimension model integrates solution-focused and strengths-based strategies into treatment planning with children, adolescents, and adults. Each chapter contains case studies and practitioner guidance points in addition to a wellness practice intervention to elevate mood. Self-care and emotional preparation techniques are emphasized.

2021 | 304 pgs | Order #78174 | ISBN 978-1-55620-405-0
List Price: \$58.95 | **ACA Member Price: \$42.95**

Distance Counseling and Supervision: A Guide for Mental Health Clinicians

edited by Jennifer Nivin Williamson and Daniel G. Williamson

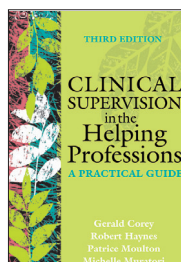


This landmark primer in telebehavioral health addresses the functional elements of technology-assisted counseling with individuals, couples, and families. Using reader-friendly language, the authors discuss ethical, legal, regulatory, and practical considerations for using the right technology in secure and confidential ways to best serve clients and supervisees. Diverse case scenarios, questions for further discussion, and useful appendices enhance this rich and current resource.

2021 | 232 pgs | Order #78168 | ISBN 978-1-55620-393-0
List Price: \$65.95 | **ACA Member Price: \$48.95**

Clinical Supervision in the Helping Professions: A Practical Guide, Third Edition

Gerald Corey, Robert Haynes, Patrice Moulton,
and Michelle Muratori

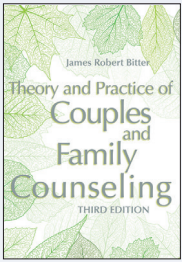


This is an ideal resource for practicum, fieldwork, and internship seminars. The case examples, authors' personal perspectives, and vignettes from 45 contributing authors offer a unique glimpse at key issues in the theory and practice of supervision. Topics covered include supervisory roles and relationships, models and methods of supervision, multicultural competence, ethical and legal issues, crisis management, and evaluation.

2021 | 344 pgs | Order #78172 | ISBN 978-1-55620-403-6
List Price: \$74.95 | **ACA Member Price: \$54.95**

Theory and Practice of Couples and Family Counseling Third Edition

James Robert Bitter

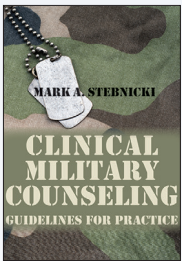


This introduction to couples and family counseling encourages student development of personal, professional, and ethical standards of practice. Primary text features include a genogram delineating the history of the field; a discussion of 13 widely used theories with real-life examples for each approach; a single, bicultural couple/family system case for comparison across models; and strategies for the integration and application of the models into clinical practice with diverse clients.

2021 | 568 pgs | Order #78167 | ISBN 978-1-55620-383-1
List Price: \$89.95 | **ACA Member Price: \$64.95**

Clinical Military Counseling: Guidelines for Practice

Mark A. Stebnicki



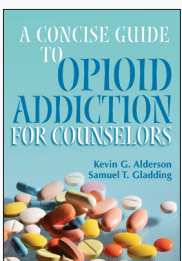
Clinical Military Counseling provides ethical practice guidelines for the assessment, diagnosis, and treatment of active-duty service members, veterans, and military families. Dr. Mark Stebnicki discusses contemporary military culture and the medical and psychosocial aspects of military health, including the neuroscience of military stress and trauma, suicide,

chronic illnesses and disability, and blast and traumatic brain injuries. In addition, he offers wellness-based approaches to clinical issues such as spirituality, moral injury, and trauma; complex PTSD; the stresses of the deployment cycle; and military career transition adjustments.

2021 | 352 pgs | Order #78171 | ISBN 978-1-55620-399-2
List Price: \$65.95 | **ACA Member Price: \$48.95**

A Concise Guide to Opioid Addiction for Counselors

Kevin G. Alderson and Samuel T. Gladding



This brief, evidence-based guide is ideal for busy mental health professionals helping diverse clients with opioid use disorders (OUDs). Topics discussed include current research on risk and protective factors, OUD assessment and diagnosis, the ethical and legal issues particular to addiction work, medication-assisted treatment, physical and psychological interventions for pain management, and the necessity of Interdisciplinary care.

2021 | 208 pgs | Order #78173 | ISBN 978-1-55620-404-3
List Price: \$24.95 | **ACA Member Price: \$17.95**

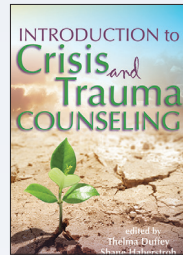
Introduction to Crisis and Trauma Counseling

edited by Thelma Duffey and Shane Haberstroh

"This book provides an exceptional review of the contemporary sociopolitical issues, historical perspectives, and clinical skills critical to effective crisis and trauma healing. Incorporating issues of power, privilege, culture, ecological context, and relational dynamics affords a unique perspective and makes this resource a must for anyone working in the area of trauma and crisis."

—Frederic P. Bemak, EdD

Founder and Director, Counselors Without Borders

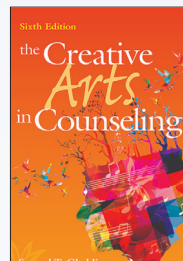


This text integrates evidence-based models and best practices with relational-cultural theory, which is responsive to the many forms of traumatic stress and tragedies that clients experience. Readers will gain vital skills as they learn real-life approaches to crisis work with individuals, families, communities, students, military personnel, violence survivors, and clients who are suicidal. Trauma-informed applications of cognitive behavioral therapy, behavioral therapy, neurofeedback, mindfulness, and creative practices are included as are compelling case examples, multiple-choice and essay questions, and key topic discussion prompts to guide student learning.

2020 | 368 pgs | Order #78166 | ISBN 978-1-55620-377-0
List Price: \$74.95 | **ACA Member Price: \$54.95**

The Creative Arts in Counseling, Sixth Edition

Samuel T. Gladding

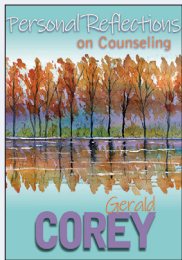


The Creative Arts in Counseling presents an evidence-based exploration of how expressive therapies can be used effectively with clients of all ages and backgrounds. Following an introduction on the history and benefits of using the arts in counseling, Dr. Gladding discusses the therapeutic use of music; dance/movement; imagery; visual arts; writing/literature; drama; humor; play; animal-assisted therapy; and horticulture, nature, and wilderness therapies. Text features include a new section on incorporating the creative arts in telebehavioral counseling, two-part chapter overviews, creative reflections for self-exploration, 147 practical exercises for use in session, and a comprehensive listing of creative arts and art therapies websites.

2021 | 416 pgs | Order #78176 | ISBN 978-1-55620-406-7
List Price: \$62.95 | **ACA Member Price: \$44.95**

Personal Reflections on Counseling

Gerald Corey



In an easy-to-read, question-and-answer format, Dr. Corey provides sage insight on a range of topics concerning professional issues, career development, the counseling process, and work-life balance. Responding to an array of questions often asked by students over the years, he uses candid personal examples to highlight key lessons and engage

readers in an active process of personal and professional self-reflection on their own journeys.

2020 | 216 pgs | Order #78165 | ISBN 978-1-55620-395-4
List Price: \$19.95 | **ACA Member Price: \$15.95**

Surviving and Thriving in Your Counseling Program

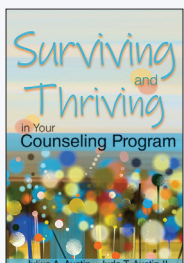
Julius A. Austin and Jude T. Austin II

"Drs. Julius and Jude Austin have written a most informative and engaging guide for students navigating the demands of their academic program and internships. They serve as mentors to their readers through their self-disclosure and the lessons they have learned. This book needs to be in the hands of every counseling student, as it offers extremely useful pointers and encouragement to survive and thrive in their program."

—Marianne Schneider Corey, MA, LMFT, NCC

—Gerald Corey, EdD, ABPP, NCC

Professor Emeritus of Human Services and Counseling
California State University, Fullerton



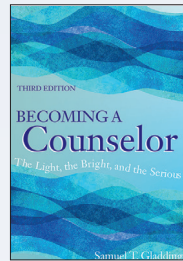
The Austins' down-to-earth, practical wisdom for successfully navigating counselor training and life after graduation give an insider's perspective on graduate school. Both millennials and recent doctoral program graduates, they draw upon their own personal and professional training and career experiences, as well as shared insight from a diverse group of current graduate students,

recent graduates, and new professionals. The result is a realistic, personal, and often humorous account of what you need to know whether you are beginning your counseling program or are already working toward your degree.

2020 | 180 pgs | Order #78162 | ISBN 978-1-55620-392-3
List Price: \$25.95 | **ACA Member Price: \$19.95**

Becoming a Counselor: The Light, The Bright, and the Serious, Third Edition

Samuel T. Gladding



This book contains 156 personal, heart-warming, and often humorous vignettes from one of the most productive leaders and authors in the field. Readers get a firsthand look at Dr. Samuel Gladding's successes and setbacks from childhood to older adulthood in 17 sections covering significant life milestones, such as family-of-origin influences; education; peer relationships; skill

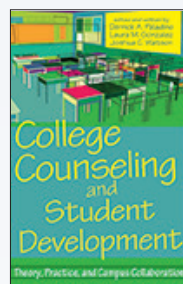
acquisition; professional growth, rejection, happenstance, and achievement; clinical challenges; multicultural competence; and life and career transitions. The process of becoming a counselor is demystified and humanized, making this is an excellent resource for practicum and internship classes. *Published by the ACA Foundation.*

Available May 2021!

2021 | 376 pgs | Order #78177 | ISBN 978-1-55620-412-8
List Price: \$47.95 | **ACA Member Price: \$34.95**

College Counseling and Student Development: Theory, Practice, and Campus Collaboration

edited and written by Derrick A. Paladino,
Laura M. Gonzalez, and Joshua C. Watson



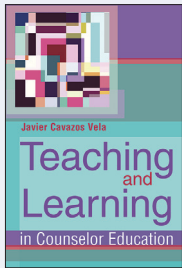
This handbook provides strategies for clinical and support services work with diverse student populations. Written from a holistic, sociocultural perspective for future and current professionals, it brings together information and resources on cultivating counseling and student affairs connections to promote a climate that encourages student wellness. Recognized experts offer insight on the evolution of college

counseling, counselor training, the roles and responsibilities of college counselors, crisis management, and the building of collaborative outreach services with student affairs partners on campus. Individual text sections cover student development and learning theories, as well as assessment and treatment interventions for frequently encountered clinical issues presented by students.

2020 | 488 pgs | Order #78159 | ISBN 978-1-55620-380-0
List Price: \$74.95 | **ACA Member Price: \$54.95**

Teaching and Learning in Counselor Education

Javier Cavazos Vela



This practical guide is one of the first in the field to examine evidence-based teaching and learning strategies, promote positive and inclusive learning environments, and provide interactive features that allow readers to demonstrate and apply what they learn. Skill-building chapters explore how to use dynamic lecturing, integrate collaborative team-based principles into teaching, enrich strategies for online learning, develop transparent assessment activities, document teaching effectiveness, practice effective gatekeeping, and engage in the scholarship of teaching and learning. Text features include content alignment with the CACREP Standards for teaching, a sample learner-centered syllabus, “pause and learns,” reflective activities, and application exercises.

2020 | 240 pgs | Order #78169 | ISBN 978-1-55620-388-6
List Price: \$58.95 | **ACA Member Price: \$46.95**

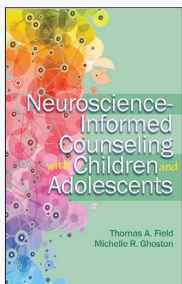
Neuroscience-Informed Counseling With Children and Adolescents

Thomas A. Field and Michelle R. Ghoston

“This is a serious yet understandable book that needs to be on every counselor’s bookshelf. It makes a superb text for child and adolescent counseling courses or an excellent supplementary resource for theories courses. The broad expertise of the authors speaks to a general audience, and they provide accurate, clear, and relevant information on neuroscience that is immediately useful.”

—Allen E. Ivey, EdD, ABPP

Distinguished University Professor (Emeritus)
University of Massachusetts Amherst



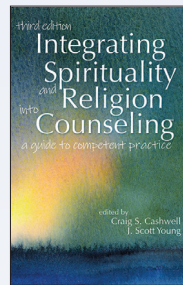
This is the first text to illustrate how neuroscience concepts can be applied to counseling with children and adolescents. Drs. Field and Ghoston first discuss general principles for child and adolescent counseling before moving into an examination of neurophysiological development from birth to age 18. They then provide in-session examples of neuroscience-informed approaches to behavior modification, play

therapy, cognitive behavior therapy, biofeedback, neurofeedback, and therapeutic lifestyle change with diverse clients. Each chapter includes learning objectives, content alignment with the CACREP Standards specific to child and adolescent counseling, explanatory diagrams, reflection questions, case vignettes, and quiz questions.

2020 | 280 pgs | Order #78164 | ISBN 978-1-55620-386-2
List Price: \$64.95 | **ACA Member Price: \$46.95**

Integrating Spirituality and Religion Into Counseling: A Guide to Competent Practice Third Edition

edited by Craig S. Cashwell and J. Scott Young



This comprehensive handbook for counselors-in-training and practitioners presents a variety of in-session spiritual interventions supported by scientific research. The authors take an inclusive approach to understanding client beliefs and formulate interventions that foster therapeutic growth in individuals from diverse backgrounds. Case studies and questions for reflection throughout the text are appropriate for individual or group discussions. New chapters on ethics, forgiveness, and the integration of sacred texts in session reflect the evolving understanding of integrating spirituality and religion in the counseling process.

2020 | 408 pgs | Order #78161 | ISBN 978-1-55620-387-9
List Price: \$68.95 | **ACA Member Price: \$49.95**

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