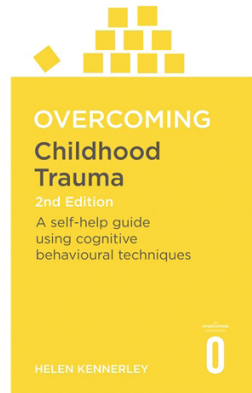




ROBINSON

RIGHTS GUIDE

Autumn 2023



Overcoming Childhood Trauma 2nd Edition

Helen Kennerley

Break free from the legacy of childhood abuse.

Emotional, physical and sexual abuse in childhood can result in a range of problems and lead to long-term difficulties that make life a struggle.

With this in mind, clinical psychologist Dr Helen Kennerley has devised this highly acclaimed self-help programme based on the principles of cognitive behavioural therapy (CBT) to help you to understand the links between your past trauma and any present difficulties.

It offers you the means to gain control of your life and your feelings, enabling you to deal with any intrusive memories and mood swings, and develop healthy, better relationships in adulthood. Anyone who has endured childhood abuse and continues to battle with its aftermath will find this book supportive and liberating. The book gives you:

- An understanding of the range of problems childhood abuse can create
- Advice on how to build healthy relationships in adulthood
- A structured, step-by-step self-help guide

About the author:

Dr Helen Kennerley works as a consultant at the highly regarded Oxford Cognitive Therapy Centre. In 2002 she was shortlisted by the British Association for Behavioural and Cognitive Psychotherapies for the award of most influential female cognitive therapist in Britain. She is the author of *Overcoming Anxiety*, *Overcoming Childhood Trauma* and *How to Beat Your Fears and Worries*.

Robinson

October 2023

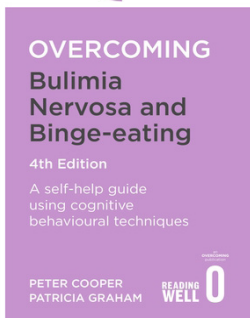
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Overcoming Bulimia Nervosa and Binge-eating 4th Edition

Peter Cooper and Patricia Graham

Step-by-step - the proven path to recovery from bulimia nervosa.

Stringent dieting and making yourself vomit after overeating are common features of bulimia nervosa, as are depression, anxiety and feelings of worthlessness. This illness causes great distress to sufferers and those who care about them, but in recent years there have been real advances in treatment.

In the fourth edition of this sympathetic and highly acclaimed guide, you will find a clear explanation of the disorder and the serious health issues that can result from it as well as learning about the treatments available today. Most importantly, this book offers a step-by-step programme for those who want to tackle their difficulties.

This programme has been found in independent clinical research to be of substantial benefit to people with bulimia nervosa (*Psychological Medicine*, 2005). This book will also give friends and family a much clearer understanding of the illness and its treatment.

About the authors:

Peter Cooper is emeritus professor of psychology at the University of Reading. He is a retired clinical psychologist and series editor of the 'Overcoming' series (and co-editor of the 'Living Well' and 'Helping Your Child' series). Recognised as one of the world's experts in the treatment of bulimia he has more recently focused on the treatment of postpartum depression.

Patricia Graham is a consultant clinical psychologist and head of adult mental health psychology services for NHS Lothian. She has worked for many years in the treatment of severe eating disorders and is trained not only in CBT but also in IPT, EMDR and CBASP.

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Polish (Alliance Press)
US (Basic Books)



Overcoming Worries About Body Image and Eating A Self-help Guide for Teenagers

Anne Stewart, Caz Nahman and Joanna Adams

Most teenagers worry about their body and appearance at some point, and some may try to alter their eating in order to change their weight or shape.

If you are spending a lot of time worrying about how you look or what you are eating, it can become overwhelming and have a big impact on your life. The aim of this book is to help you to understand a bit more about these worries, what you can do about them and, most importantly, how you can develop a healthy relationship with your body and with food.

If these worries take hold, there is a risk of developing an eating disorder or becoming depressed. Eating disorders can have a huge and negative impact on your physical health, your emotional wellbeing, your relationships and social life. They can take control of your mind and body, which makes it difficult to feel motivated to recover, and it can be a long and difficult journey to get back on track, so it's better to tackle these worries early on.

Overcoming Worries About Body Image and Eating is written by clinicians with many years of experience working in specialist eating disorder services for children and adolescents.

About the authors:

Anne Stewart is an experienced consultant psychiatrist who has set up services for young people who struggle with eating, as well as doing teaching and research at the University of Oxford.

Caz Nahman is a consultant psychiatrist who has worked with young people with an eating disorder both in the community and in hospital. She has an interest in athletes with eating disorders, boys who are struggling with eating difficulties and young people who have problems with their body image.

Joanna Adams is a clinical psychologist with lots of experience of working with young people with eating disorders, both individually and with their families. As well as doing therapy, Jo teaches professionals about CBT and is also involved in research to better understand eating disorders.

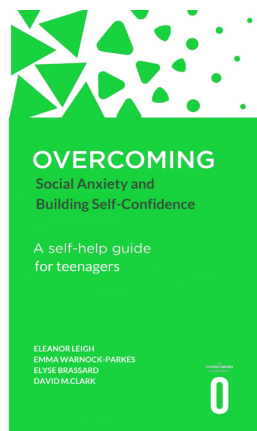
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Translation

Overcoming Social Anxiety and Building Self-Confidence *A Self-help Guide for Teenagers*

Eleanor Leigh, Emma Warnock-Parkes, Elyse Brassard and David M. Clark

A unique self-help book for social anxiety in adolescents that is guided by the current research and clinical guidelines and written by the world's leading team of researchers.

Anxiety about embarrassing oneself in social situations is common, particularly amongst teenagers. Whilst for most these worries are mild, for some young people they are more troublesome and persistent. This book provides an approach to understanding why social anxiety is maintained and teaches key steps to reducing social anxiety and building self-confidence. There are also additional sections on particular common fears, such as a fear of blushing and feeling stupid, on social media, and on relationships. The book comprises case studies, engaging visuals, experiential exercises and accompanying digital resources.

About the authors:

Eleanor Leigh is a Child & Adolescent Clinical Psychologist. She holds a Clinical Research Fellowship at the Department of Experimental Psychology, University of Oxford. Her research is focused on the understanding and psychological treatment of anxiety disorders in adolescents.

Emma Warnock-Parkes is a Clinical Psychologist specialising in developing cognitive therapy treatments for Social Anxiety Disorder. She works at the Oxford Centre for Anxiety Disorders and Trauma, the University of Oxford and King's College London. A recognized expert in the field of anxiety disorders, she has run many workshops and presented research at major international conferences.

Elyse Brassard is a student who has successfully dealt with social anxiety. She has been able to work with trained professionals to help learn useful tools to manage and minimise anxiety in her everyday life.

David M. Clark holds the Chair of Experimental Psychology at University of Oxford. He is well-known for his pioneering work on the understanding and psychological treatment of anxiety disorders: especially panic disorder, social anxiety disorder, health anxiety and PTSD.

Overcoming Series

The **OVERCOMING** Series is a perennially popular series of psychology books. All use clinically proven CBT (Cognitive Behavioural Therapy) techniques to treat long-standing and disabling conditions, both psychological and physical.

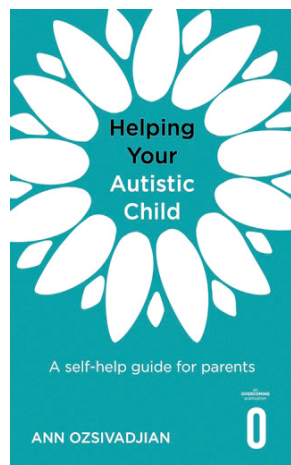
Titles in the series are always in print, and constantly revised and updated. All titles are written by prominent professional experts in their fields.

Series Editor: Emeritus Professor Peter Cooper



COMING SOON: **OVERCOMING FOR TEENAGERS**

OVERCOMING FOR TEENAGERS is a series to support young people through common mental health issues during adolescence, using scientific techniques that have been proven to work. Each is written by expert psychologists who work daily with teenagers with similar problems, and each book involves examples and inputs from young people with direct lived experience.



Robinson

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Translation

Helping Your Autistic Child

Ann Ozsivadjian

Practical, evidence-based advice for common challenging behaviours and situations involving autistic children.

Autism affects about one per cent of the population, and whilst it can present very differently among individuals, there are some common challenges faced by autistic people. This self-help guide focuses on practical, proven techniques to help parents support their autistic children with commonly experienced areas of difficulty.

Written by authors with extensive experience in research and in working clinically with children with a wide range of neurodevelopmental differences, this book uses a strengths-based approach to guide parents in helping their children to enhance their skills, as well as to manage some common challenges.

This book will help you to:

- Support your child through anxiety and social interaction issues
- Manage sleep problems and feeding difficulties
- Understand sensory responses in autism
- Understand and manage distressed behaviour, including self-harm and demand avoidance

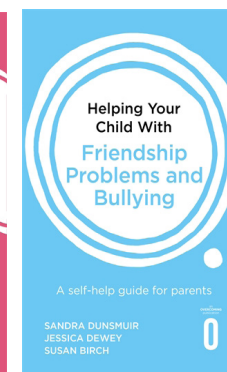
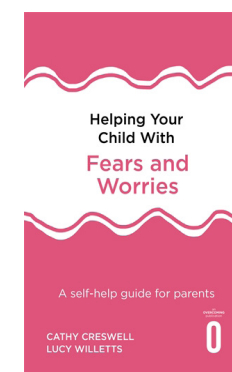
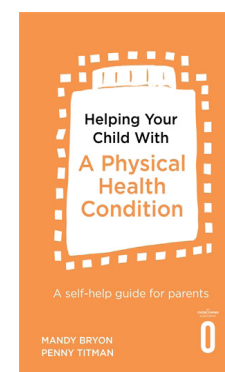
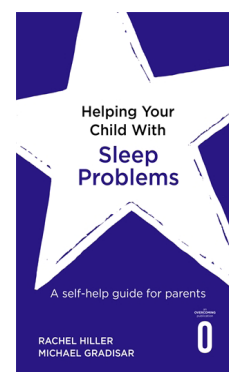
About the author:

Ann Ozsivadjian is a clinical psychologist in independent practice and also a visiting senior lecturer at King's College London. She worked for several years as the senior psychologist in a specialist complex neurodevelopmental disorders team at the Evelina London Children's Hospital, providing assessments and treatments for a wide range of neurodevelopmental difficulties and co-occurring conditions. Her particular research interests and clinical specialism are mental health problems in ASD and adapting interventions for young people on the autism spectrum, and she regularly presents at conferences on these topics. She also provides training courses across the UK to NHS and other services on the assessment and treatment of mental health problems in autism spectrum disorders. She has published a number of papers and co-authored book chapters. She has also produced a number of podcasts and webinars in conjunction with the Association of Child and Adolescent Mental Health.

Helping Your Child Series

HELPING YOUR CHILD is a series for parents and caregivers to support children through developmental difficulties, both psychological and physical. Each guide uses clinically proven techniques.

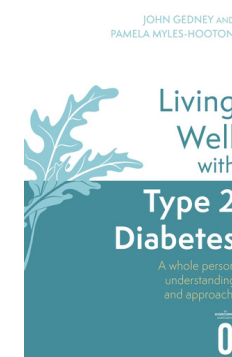
The series deals with emotional, behavioural and other psychological issues that children might be struggling with.

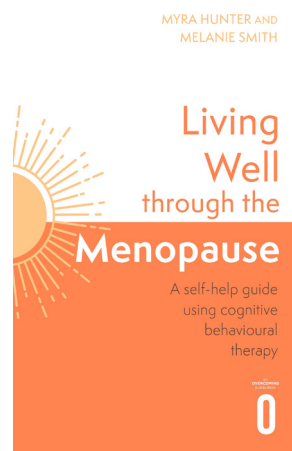


Living Well Series

The **LIVING WELL** series focuses on physical health problems and long-term conditions where CBT can be of benefit and can ease distress or reduce the associated psychological complications.

Series Editors: Professor Kate Harvey and Emeritus Professor Peter Cooper





Robinson

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Translation

Living Well Through the Menopause

Myra Hunter and Melanie Smith

An essential book to help women journey through menopause with the confidence and skills to cope effectively with menopause symptoms using cognitive behavioural therapy.

CBT is proven as an effective alternative for women who are looking for non-medical approaches for challenging menopause symptoms, and for those who do not want or are unable to use hormone therapy. Written in an accessible and interactive style, with case examples and quotes, this guide will empower you to take control of your menopause.

It covers:

- Taking a bio-psycho-social approach to understand the range of factors that might influence your experience of the menopause
- Preparing for the menopause - no need to expect the worst!
- Using interactive questions & tasks to help understand the links between menopause symptoms, thoughts, feeling & coping behaviours
- Helping you to implement your key goals for this important stage of your life
- Enhancing self-esteem through behaviour change and a compassionate mindset
- Helping partners & loved ones to support you through the menopause

Living Well Through the Menopause is based on a wealth of psychological research, including randomised controlled trials of the MENOS CBT intervention with over 1000 women, that has demonstrated the effectiveness of this approach hot flushes, night sweats, low mood, insomnia and their impact on daily life.

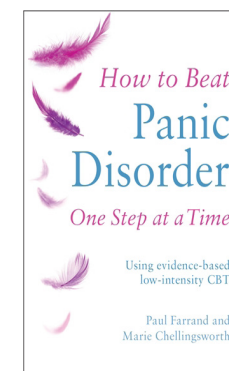
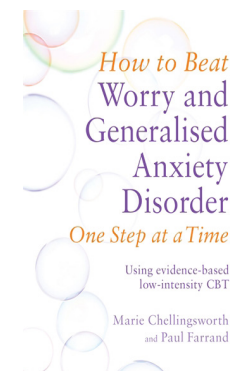
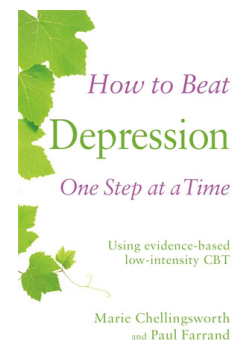
About the authors:

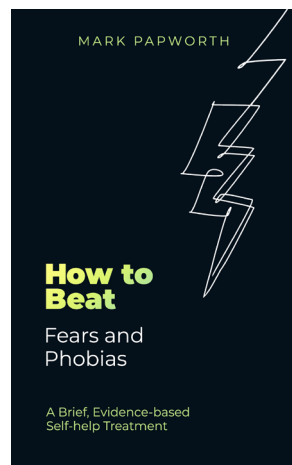
Myra Hunter is Emeritus Professor of clinical health psychology with King's College London. She has published over 200 journal articles and 8 books and her research on menopause has established her as an international expert in the field. She was expert psychology advisor for the NICE guidance on menopause, 2015.

Dr Melanie Smith is a clinical psychologist working in the NHS and private practice. She has specialised in working with people with long term health conditions with particular interests in menopause and chronic pain. She was lead therapist on the MENOS trials and provides training in CBT for menopause symptoms for health professionals in conjunction with the British Menopause Society, as well as continuing to work with women in group and 1:1 settings in private practice.

How To Beat Series

This series is designed to allow those who experience common mental health problems to either help themselves to recover or get the best possible benefit out of their contact with health professionals. They contain easy to understand but effective treatments drawn from cognitive behavioural therapy (CBT) which, for common mental health problems, are recommended by the scientific evidence. They are written by authors with considerable experience in the field of CBT training, research and clinical practice.





Robinson

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Arabic (Jarir Bookstore)

How to Beat Fears and Phobias

Mark Papworth

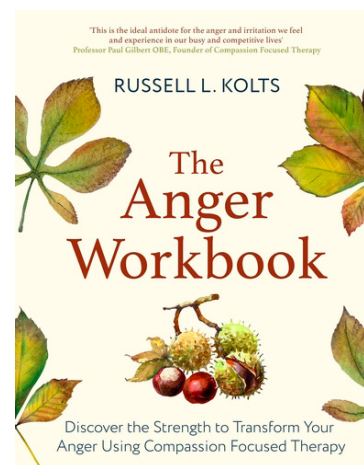
The perfect resource for helping you to beat fears and phobias, either by yourself or with the support of a health professional.

This book will help you to understand your phobia and face your fears through a brief psychological intervention known as graded exposure therapy. Written in a friendly, engaging (and jargon-free!) style, this self-help guide encourages interactive reading through tables, illustrations and worksheets. Case studies illustrate the use of the therapy and demonstrate how you can gradually overcome your fear of the thing that frightens you.

The *How to Beat* series of books has emerged from recent, revolutionary healthcare service innovations which have made effective psychological treatments available to more people than ever before. The books are designed to allow those who experience common mental health problems to either help themselves to recover or get the best possible benefit out of their contact with health professionals. They contain easy to understand treatments drawn from cognitive behavioural therapy (CBT) which is recommended by the scientific evidence. They are written by authors with considerable experience in the field of CBT training, research and clinical practice.

About the author:

Dr Mark Papworth is a consultant clinical psychologist. He worked at Newcastle University as programme director for the post-graduate certificate in low intensity psychological therapies and also taught on the Doctorate in Clinical Psychology. In doing so, he has been involved in the training of countless psychological therapists in the North of England. He has also worked in Newcastle and North Tyneside family doctors' Practices, treating patients there for some 25 years. He currently works in private practice in Newcastle at 'Psychology Northeast'.



Robinson

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Translation

The Anger Workbook

Discover the Strength to Transform Your Anger Using Compassion Focused Therapy

Russell L. Kolts

Learn how to control your anger and stop letting it control you.

Anger is one of the most difficult emotions for human beings to cope with. If our anger is unmanaged, we can end up behaving in destructive ways towards both ourselves and other people, and can face relationship difficulties and negative health consequences.

Far from 'letting ourselves off the hook', recent research has shown that by developing compassion towards ourselves and others and compassionately understanding our anger and the factors that fuel it, we can connect with the courage and skills needed to change our behaviour. This fascinating and practical self-help guide will give you a number of powerful techniques for tackling your anger head on and taking control of it, rather than letting it control you.

In this book, readers will learn about:

- The factors that trigger and fuel our anger, how it works and how to change the anger response
- Specific skills to manage anger and improve relationships

Filled with interactive exercises and practical skills, *The Anger Workbook* will guide you in your journey to transform your anger into inner strength.

About the author:

Russell Kolts is a licensed clinical psychologist and professor at Eastern Washington University, USA. He has many years' experience in treating anger problems and has pioneered the use of CFT in working with anger, which he has applied in numerous settings.

The Compassionate Mind Approach

The self-help books in this series are based on the Compassionate Mind Approach (developed by series editor Paul Gilbert). This brings together an understanding of how our mind can cause us difficulties but also provides us with a powerful solution in the shape of mindfulness and compassion. It teaches ways to stimulate the part of the brain connected with kindness, warmth, compassion and safeness, and to calm the part that makes us feel anxious, angry, sad or depressed.

