



ROBINSON

RIGHTS GUIDE
Spring 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.

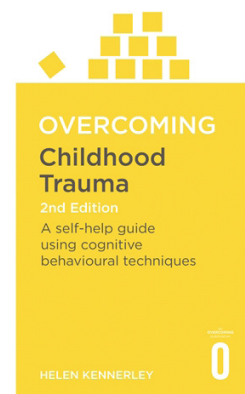
With this in mind, clinical psychologist Dr Helen Kennerley has devised this highly acclaimed self-help programme based on the principles of cognitive behavioural therapy (CBT) to help you to understand the links between your past trauma and any present difficulties.

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*.



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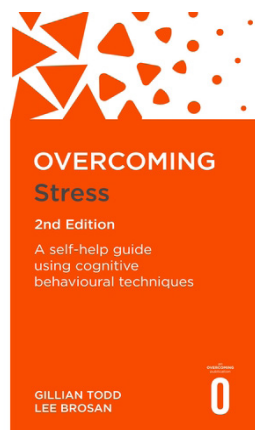
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Overcoming Stress 2nd Edition

Gillian Todd and Leonora Brosan

How to deal with stress and improve peace of mind.

Most of us know what it is like to feel stressed - so much so, in fact, that we take it for granted that we are going to feel stressed and assume that there's not much to be done about it. Too much stress can disrupt our lives almost without our realizing it. However there is a tried and tested approach to coping using cognitive behavioural therapy (CBT). In this easy-to-use self-help guide the authors help you to recognize what happens when under stress and how to change how you think, feel and act so that you learn to retain a balanced outlook on life and manage it more effectively too.

- Provides a complete CBT self-help course with case studies and step-by-step explanations
- Shows how to permanently improve your overall quality of life by changing the ways you respond to stress

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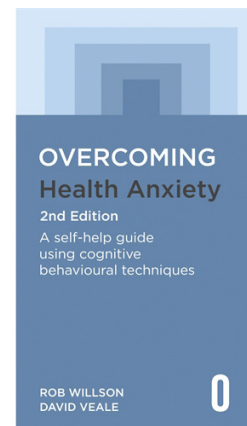
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About the author:

Dr Lee Brosan is a consultant psychologist with the Cambridgeshire & Peterborough NHS Foundation Trust. Over a long career she has been Head of the Psychological Treatment Service, Trust Lead for the Development of Psychological Therapies, Clinical Associate at the MRC Cognitive and Brain Science Unit in Cambridge, a founder member of the Cambridge Clinical Research Centre for Affective Disorders, and Associate Lecturer in the Experimental Psychology Department at Cambridge.

Dr Gillian Todd is a BABCP Accredited Cognitive Behavioural Psychotherapist, Supervisor and Trainer who is an Independent Practitioner based in Cambridge. Over her career, she has been Senior Lecturer in cognitive behavioural therapy at the University of East Anglia and an honorary Visiting Fellow in the Department of Psychiatry, University of Cambridge.



Overcoming Health Anxiety 2nd Edition

Rob Willson and David Veale

How you can stop worrying about your health and enjoy life

'This book not only helps sufferers to better understand the nature of the problem, but also provides them with the skills necessary to overcome it and to regain quality of life'

Professor Paul Salkovskis, Professor of Experimental Psychology, University of Oxford

Many of us have a tendency to worry unnecessarily about our health. For some the anxiety becomes severe and persistent. This can involve spending many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. It is distressing for them and for everyone around them.

In fact, health anxiety can be very successfully treated with cognitive behavioural therapy (CBT) - the approach taken in this self-help guide. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognise what feeds it and how to develop effective methods of dealing with it. This book includes:

- Questionnaires, case studies and exercises
- Chapters on fear of death and on medication

About the authors:

Rob Willson is a cognitive behaviour therapist in private practice with over twenty-five years' experience. He has a special interest in anxiety and obsessional problems, including health anxiety.

David Veale is a consultant psychiatrist in cognitive behavioural therapies at the South London and Maudsley NHS Foundation Trust and a visiting professor at the Institute of Psychiatry, Kings College London.

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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



Helping Your Child with Loss and Trauma

David Trickey with Vicky Lawson

A practical and easy to use self-help guide for parents whose children are experiencing problems related to loss, change or trauma.

Is your child struggling to cope with a loss or trauma?

Although loss and change are inevitable parts of life, some children find such events overwhelming and in some cases they can become traumatised by them.

This essential guide provides informed advice for parents about how to support your children when they encounter difficulties with bereavement and trauma. Research has indicated that children are less likely to develop problems such as Post-Traumatic Stress Disorder (PTSD) if they are provided with the appropriate support and opportunities to talk about difficult events and their impact on them. This book will give you step-by-step practical strategies to:

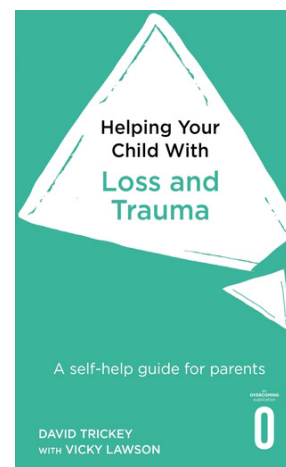
- Understand the potential impact of loss and trauma on your children
- Provide the best environment for recovery after traumatic events
- Help your child get back on track

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.

About the author:

Dr David Trickey is a consultant clinical psychologist specialising in helping traumatised and bereaved children and young people. In addition to his clinical work, he is also director of the UK Trauma Council.

Dr Vicky Lawson is a chartered health psychologist, clinician and author who specialises in supporting behaviour change. She has a particular interest in translating research evidence into practical action.



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Helping Your Autistic Child

Ann Ozsivadjian

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

Autism spectrum conditions affect about one per cent of the population and whilst they can present very differently in individual cases, there are some common traits and challenges faced by autistic people. This self-help guide focuses on practical, proven techniques to help parents of autistic children with difficult areas commonly experienced with autism.

Written by authors with extensive experience in research and working with children with a wide range of neurodevelopmental difficulties, this book uses a strength-based approach, helping children to enhance their strengths, rather than treating problems as impairments needing fixing. 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
- Deal with challenging behaviour, including self-harm and demand avoidance

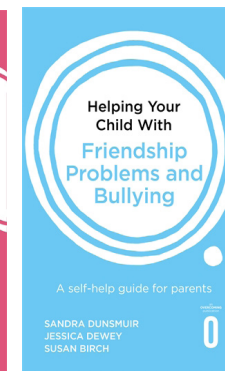
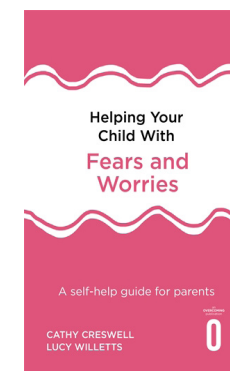
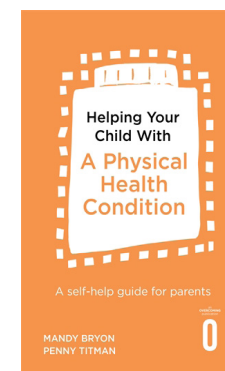
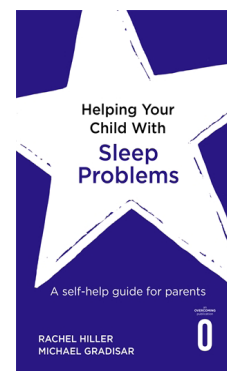
About the author:

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.

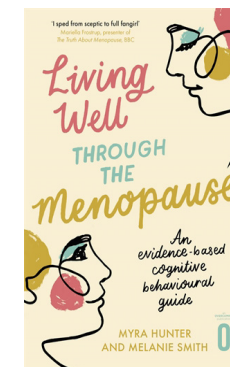
The series deals with emotional, behavioural and other psychological issues that children might be struggling with.

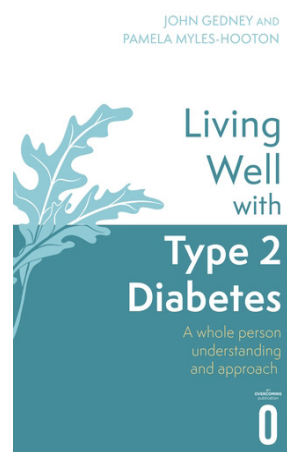


Living Well Series

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





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Living Well with Type 2 Diabetes

John Gedney and Pamela Myles-Hooton

A practical, self-help guide for living well with Type 2 Diabetes Mellitus (DM2).

In the last 40 years or so, we have seen an astounding rise in the prevalence of DM2 in most western and 'developing' countries. There are thought to be nearly 4 million people with the disease in the UK, and close to half a billion affected worldwide. In parts of the USA and China, over 10% of the population have DM2. Traditionally thought of as a disease of mid-life and old age, both DM2 and the metabolic markers of future disease are now increasingly being seen in young people, children and even infants. What is happening?

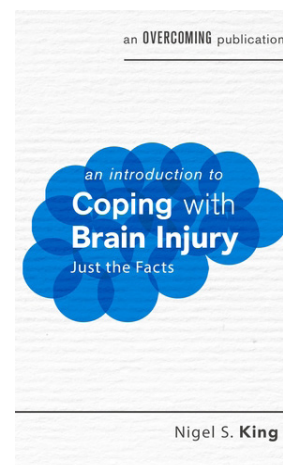
The burden of this disease is huge at all levels - for health care spend and for added risk of other medical problems. Its overall impact on health is at least as great as that of Type 1 Diabetes. In addition, more than a third of people with DM2 are said to experience psychological problems related specifically to the condition.

In spite of the tidal wave of disease and costs, the response from authorities has been somewhat underwhelming, with non-specific advice to lose weight (move more/eat less) being more or less the only public health guidance. We now however have a sense of being at something of a crossroads in understanding the science behind DM2 with a more focused approach emerging. Research and practice are challenging the traditional way in which we approach and manage DM2 - and offer too the potential for prevention - at scale. A central tenet of this book is that people can be educated, empowered and supported to control their metabolic health and to prevent, improve and manage DM2. The authors present a fresh and balanced individual take on the science around DM2 with an examination of the belief systems and behaviours that have fuelled its rise.

About the author:

Dr John Gedney qualified from the University of Nottingham in 1979 and from 1984 worked as a GP in Northumberland with a special interest in Mental Health, Rheumatic Diseases and Diabetes. Now retired from clinical work he has an ongoing interest in the challenges posed by people being overweight and the pandemic of Type 2 Diabetes.

Pamela Myles-Hooton is an accredited cognitive behavioural therapist, trainer and supervisor. She co-wrote The CBT Handbook, which has been used by many people to overcome problems with anxiety, depression and anger. Pam is a Fellow of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) and a Senior Fellow of the Higher Education Academy.



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An Introduction to Coping with Brain Injury

Nigel S. King

Just the facts for coping with the after-effects of a brain injury

Acquired Brain Injury (ABI) usually refers to people who have suffered a head injury or stroke but also includes those who have had brain tumours, an anoxic injury (where the brain has been starved of oxygen) or brain illnesses like encephalitis and meningitis. After an ABI, the brain undergoes a very slow healing process before improvements slow down and eventually plateau. This is different to other forms of brain conditions where the journey is more of a deteriorating one over time.

ABI is commonly called 'a hidden disability' as it can easily be missed or misunderstood by others. Also it can significantly affect those close to the person and therefore it is frequently called 'a family affair' too. As the issues are often hidden, complicated and affect patients and families alike, this book can act as a roadmap to help you and your loved ones navigate through the complex and often unexpected challenges that can arise following a brain injury, using:

- Cognitive rehabilitation approaches to understand and manage changes in our thinking abilities
- Cognitive behavioural approaches to address ways in which our thoughts, feelings, actions and physical reactions relate to each other

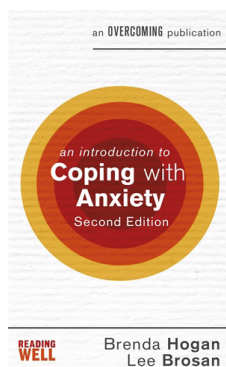
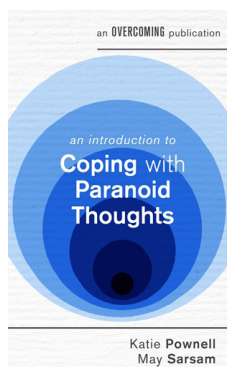
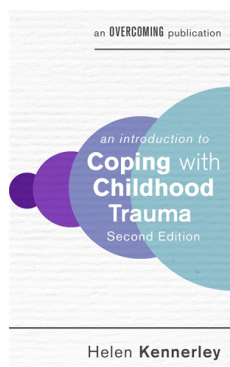
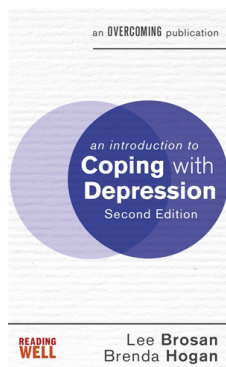
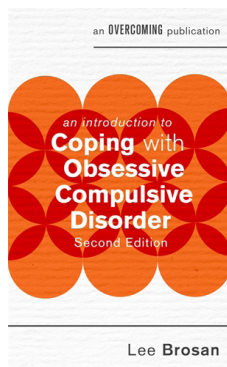
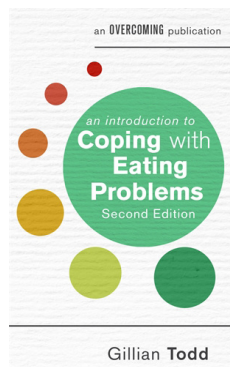
About the author:

Dr Nigel King is a Consultant Clinical Neuropsychologist specialising in brain injury. He is the Clinical Lead of the Community Head Injury Service, Buckinghamshire Healthcare NHS Trust, UK and Neuropsychological Lead at the Oxford Institute of Clinical Psychology Training & Research, University of Oxford. He is a Full Registrant on the British Psychological Society's Specialist Register of Clinical Neuropsychologists and was a Senior Research Fellow at Harris Manchester College, University of Oxford from 2008-2018. He has published widely in medical journals on brain injury, and he co-edited *Psychological Approaches to Rehabilitation after Traumatic Brain Injury*. He also authored the self-help book *Overcoming Mild Traumatic Brain Injury and Post-concussion Symptoms*, which was shortlisted for the British Medical Association 2016 Book of the Year Award in their popular medicine category, and he regularly speaks at national and international conferences on brain injury.

An Introduction To Coping Series

This series forms a shorter, more easily digested approach to the same sorts of mental health conditions covered in the Overcoming main range.

18 published titles cover the main mental health conditions, with occasional additions to come.



How to Beat Depression and Persistent Low Mood

A brief, evidence-based self-help treatment

Mark Papworth

This book is the perfect resource for helping you to beat your depression or persistent low mood, either by yourself or in conjunction with the support of a health professional. It is written in a friendly, engaging (and jargon-free!) style and encourages interactive reading through tables, illustrations and worksheets. Case studies illustrate the use of the therapy and demonstrate how you can overcome your condition. This book will help you to both understand your depression and treat it through behavioural activation therapy.

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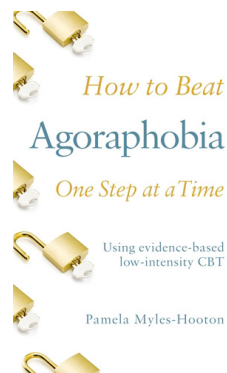
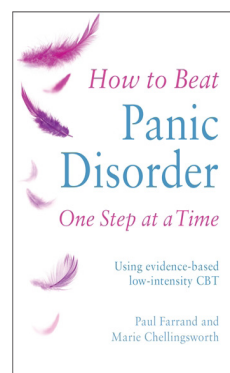
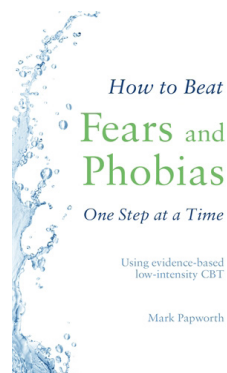
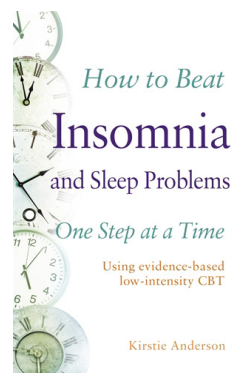
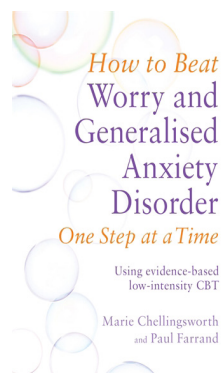
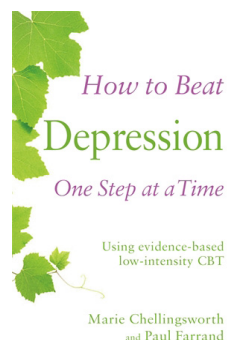
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Translation

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'.

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.



The Shyness Workbook

Take Control of Social Anxiety Using Your Compassionate Mind

Lynne Henderson

Shyness has evolved as an emotion over thousands of years and can be helpful in some circumstances. However, it can become a problem when it interferes with life goals, develops into social anxiety disorder or leads to 'learned pessimism', mild depression and even 'learned helplessness'. In this way, shyness and shame often hold us back from realising our potential and from engaging with others wholeheartedly.

This practical self-help workbook sets out the background to shyness - its evolutionary functions and why it becomes chronic in some people - and teaches skills and exercises to help you overcome problematic shyness.

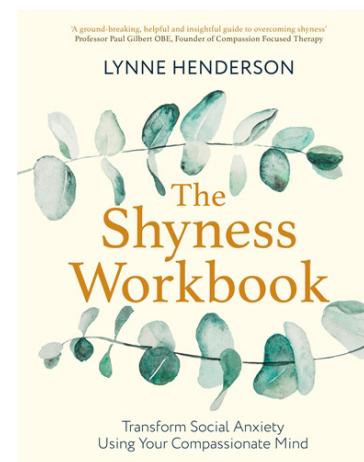
Using this workbook, readers will learn how to:

- Cope with shy feelings and debunk anxious thoughts
- Develop self-compassion
- Practise new, confident behaviours

Full of fresh insights and exercises, *The Shyness Workbook* will support your journey into developing social self-confidence.

About the author:

Lynne Henderson is a licensed clinical psychologist with over forty years of experience. She founded the Social Fitness Center, and is founder and Co-Director, with Philip Zimbardo, of the Shyness Institute. She was a visiting scholar in the Psychology Department at Stanford University for thirteen years, a lecturer for five years, and a faculty member in Continuing Studies. Dr Henderson also served as a Consulting Associate Professor in Counseling Psychology for ten years. She directed the Shyness Clinic in Palo Alto for twenty-five years and conducted research and shyness groups at the Stanford Counseling Center. Her research interests include translating the results of social psychology and personality theory into clinical work, specifically, the negative stereotyping of shyness, the influence of personality variables and cultural influences on interpersonal perception and motivation, the leadership styles of shy leaders, and compassionate social fitness.



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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.

