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Healing from Parental Abandonment and Neglect Kaytlyn Gillis, 2025-03-01 Survivors of parental abandonment and neglect often struggle with anxiety, self-blame, poor self-esteem, and self-criticism. They may also experience insecurity in relationships, feel unworthy of love, and worry that others will leave them. In this compassionate guide, psychotherapist and family trauma expert Kaytee Gillis helps readers develop a greater awareness of how they were affected by abandonment trauma, and presents powerful strategies to break free from self-blame and shame, trust themselves and those they love, and build a life of connection and empowerment.

Super Simple CBT Matthew McKay, Martha Davis, Patrick Fanning, 2022-02-01 In today's increasingly uncertain and difficult world, it's natural to feel anxious, scared, sad, lonely, angry, worried, or hopeless. Based on the self-help classic, *Thoughts and Feelings*, this take-anywhere guide offers proven-effective cognitive behavioral therapy (CBT) skills to help readers challenge the negative thinking that leads to anxiety and depression, balance their emotions, and start engaging in activities that bring them meaning and purpose.

Breathe In Calm Domonick Wegesin, 2021-12-01 In times of intense stress and anxiety, readers want instant relief. In *Breathe in Calm*, a neuroscientist and yoga expert teaches readers how to identify when anxiety is rising, and use calming

tools—including yogic breathing, mindfulness, and acceptance—to actively soothe their nervous system and regulate their physical and emotional state.

The Complex PTSD Coping Skills Workbook Tamara McClintock Greenberg,2022-09-01 Reclaim your life from C-PTSD with this powerful and compassionate workbook. If you've experienced long-term or repeated trauma—such as childhood abuse or neglect, domestic violence, betrayal, or prolonged emotional abuse—you may struggle with intense feelings of sadness, anger, anxiety, shame, and distrust toward others. You should know that you aren't alone, your pain is real, and there are ways to improve your mental health and begin to heal. This compassionate and evidence-based workbook can help you get started. This workbook offers an integrative approach for coping with complex post-traumatic stress disorder (C-PTSD) using cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness, mentalization, and relational therapy. You'll learn the most effective strategies to manage symptoms, overcome painful memories, and build self-confidence. Most importantly, you'll find validation that your feelings aren't "crazy" or "outsized," and discover the skills needed to help you reclaim your life. This empowering workbook will help you: Identify and understand the root cause of your C-PTSD Overcome fear, hypervigilance, and avoidance Balance emotions before they interfere with daily life Seek out and maintain relationships based in equality and respect

Healing Sexual Trauma Workbook Erika Shershun,2021-07-01 The scars of sexual trauma exist not only in the mind, but also in the body. Drawing on the powerful mind-body techniques of somatic therapy, therapist Erika Shershun gives readers who've experienced sexual trauma a step-by-step guide to overcoming shame and stigma in the mind, bringing a newly felt sense of safety, awareness, and life to the body.

The Acceptance and Commitment Therapy Skills Workbook Matthew S. Boone,Jennifer Gregg,2024-12-01 As our world becomes increasingly uncertain, mental health issues have increased dramatically, and the need for accessible, effective treatment has never been greater. This flagship acceptance and commitment therapy (ACT) workbook outlines a comprehensive set of core skills to help readers build resilience in the face of uncertainty, and heal the psychological and emotional pain keeping them from living a meaningful, fulfilling life. Whether it's anxiety, sadness, anger, numbness, or grief, readers can rely on ACT to provide genuine and lasting relief.

Adult Survivors of Toxic Family Members Sherrie Campbell,2022-04-01 For many people, cutting ties with a toxic family member is a crucial step away from a legacy of dysfunction and toward healing and well-being. In *Adult Survivors of Toxic Family Members*, psychologist Sherrie Campbell offers readers effective strategies for setting strong boundaries after ending contact with a toxic family member, and provides powerful tools to help them heal from shame, self-doubt, and stigma.

The Pain We Carry Natalie Y. Gutiérrez,2022-10-01 This groundbreaking work illuminates the phenomena of complex post-traumatic stress disorder (C-PTSD) as it is uniquely experienced by people of color, and provides a much-needed path to

reclaiming health and wholeness despite the heavy burden of systemic, intergenerational, and attachment trauma resulting from racism in our country. Readers of color will find affirmation of their experience of C-PTSD from both a social justice and psychological lens, and learn techniques for reclaiming wholeness.

The Inner Critic Workbook Shawn Costello Whooley, Holly Yates, 2025-03-01 Turn down the volume on your inner critic and crank up your confidence with this mindful, compassionate workbook. Are you your own worst critic? Do you live with the incessant chatter of your inner voice constantly on your case about how you never do anything right, how you're not good enough, and that you'll never be good enough? Does it sometimes feel like this unwelcome, unkind voice gets so loud that it starts interfering with your daily life? If so, you should know that you aren't alone—and there are steps you can take to get out from under the never-ending barrage of self-criticism. This workbook will help you learn how to see yourself with greater compassion and confidence. The Inner Critic Workbook teaches you, step by step, how to turn down the volume on your inner critic, and crank up your confidence using proven-effective mindfulness, acceptance, and self-compassion strategies. You'll learn where this judgmental voice comes from, what's likely to trigger it, and how to soften it up with a little kindness directed inward! As you discover and connect with what matters most to you, you'll begin hearing a more authentic, compassionate—and accurate—voice. A severe and unrelenting inner critic can make it feel like you're paralyzed with fear and self-doubt—and unable to move forward and reach your goals. If you're ready to replace "You aren't good enough!" with "You've got this," open this book, open your heart, and start caring for yourself in ways both big and small.

Learning Process-Based Therapy Stefan G. Hofmann, Steven C. Hayes, David N. Lorscheid, 2021-12-01 The future of psychology is process-based. In this groundbreaking workbook, renowned psychologists Steven C. Hayes and Stefan G. Hofmann offer clinicians a comprehensive road map to the theoretical foundations of process-based therapy (PBT). Mental health professionals will find concrete strategies for utilizing the core competencies of PTB, as well as step-by-step guidance for formulating a treatment approach tailored to their clients' unique needs.

Worrying Is Optional Ben Eckstein, 2023-11-01 There's no one-size-fits-all treatment for excessive worrying, but by assembling an arsenal of tools and skills, you can effectively manage your worry. Worrying Is Optional offers a powerful new approach that combines strategies from metacognitive therapy, acceptance and commitment therapy (ACT), and cognitive behavioral therapy (CBT) to help anxious readers build their own customizable "anti-worrying" toolbox. Using these tools, readers will learn to break free from unhelpful thinking patterns and discover that worrying is, in fact, optional.

ACT for Treating Children Tamar D. Black, 2022-05-01 More than ever, clinicians need customizable approaches for treating children with mental health conditions such as anxiety and depression. Written by an experienced educational psychologist, ACT for Treating Children offers clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and

bounce back from life's difficulties.

Releasing Toxic Anger for Women Karyne B. Wilner, 2024-12-01 Women and girls are often taught that anger is an unacceptable emotion. As a result, women are more likely than men to direct anger inward, leading to self-critical inner dialogue, as well as a host of physical and mental health issues. In this much-needed guide, a clinical psychologist and somatic therapist reveals how anger creates stress in the body and mind, and offers women body-based practices and cognitive behavioral therapy (CBT) techniques to release anger for greater health, vitality, and purpose.

The Psychedelic Therapy Workbook Elizabeth Nielson, Ingmar Gorman, 2025-05-01 Research shows the tremendous benefit of psychedelic drugs for people suffering from post-traumatic stress disorder (PTSD), depression, anxiety, and trauma. This workbook draws on evidence-based harm reduction techniques to help readers experiment with psychedelic substances—on their own, in a group, or with a therapist—and integrate the lessons they've learned from psychedelic experiences into daily life.

The Beyond Addiction Workbook for Family and Friends Jeffrey Foote, Kenneth Carpenter, Carrie Wilkens, 2022-08-01 Addiction is a family affair, and one in four US families are impacted by its devastating effects. From the authors of the best-selling guide, *Beyond Addiction*, this empowering and healing workbook offers evidence-based skills for family members who want to understand what drives their loved one's addictive behavior, and learn how to discuss it without conflict. This practical, comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse.

Intuitive Eating for Life Jenna Hollenstein, 2022-12-01 For anyone who struggles with food, eating, and body image, *Intuitive Eating for Life* presents easy and effective mindfulness skills to help readers enhance, sustain, and deepen their intuitive eating practice. Based on the popular anti-diet book program, *Intuitive Eating*, renowned nutrition therapist and mediation teacher Jenna Hollenstein provides tools to help readers find stability, discover self-awareness, and self-regulate—so they can respect their body and honor their health.

All Parts Welcome Sand C. Chang, 2025-07-01 Queer and transgender people often feel as if they must hide their true selves due to homophobia, transphobia, and societal rejection. This trans and queer affirming workbook offers skills grounded in internal family systems (IFS) therapy to help readers build self-compassion, resilience, and pride in their identity as they reconnect with, reclaim, and befriend the aspects of themselves they've lost touch with.

Strategically Navigating Anti-Black Racism in Professional Spaces Pearis L. Jean, 2024-06-01 Having the confidence to stand up to racism can be incredibly difficult. And once you do muster the courage to speak up, what do you say, and when do you say it? This workbook provides Black readers with powerful skills for strategically navigating and responding to anti-Black racism in the workplace. With this much-needed guide, readers will find tips for addressing interpersonal issues,

setting boundaries, and attending to their emotional and mental health while ensuring that they achieve their professional goals and aspirations.

Mindfulness for Preschool and Kindergarten Monica Moore Jackman, 2022-08-01 Preschool and kindergarten are difficult periods of transition in children's lives. This is true now more than ever, as today's kids face increasing challenges and uncertainty. Mindfulness for Preschool and Kindergarten offers early childhood educators an effective, adaptable, multisensory, and skills-based social emotional learning (SEL) program to help preschool- and kindergarten-aged children build resilience and self-regulate, ensuring a peaceful and prosocial learning environment for all.

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