

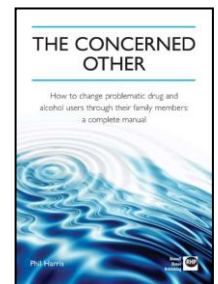
NEW TO NDSIS

The following is a list of new resources added to the DRUG Database;
These resources are available to be borrowed by all ADCA members.

The concerned other: how to change problematic drug and alcohol users through their family members: a complete manual

Phil Harris | 2010 | Russell House Publishing | 362.29 HAR

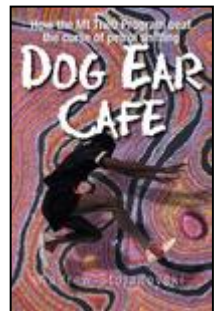
"The Concerned Other" provides a complete treatment manual for working with those affected by a family member's drug and alcohol use. It: explores the extensive research that demonstrates why and how families can effect change; offers comprehensive assessment and outcomes tools; provides a complete worksheet-based programme that will help the 'concerned other'; get their loved one into treatment; reduce the stress and pressure they are under; improve the quality of their own life; and, support their loved one in treatment. This book will help practitioners support the concerned others in effecting change in the user, and will increase the provision of high quality and effective services they can offer to those who suffer intolerably from those that they also love the most.



Dog Ear Café: how the Mt Theo Program beat the curse of petrol sniffing

Andrew Stojanovski | 2010 | Hybrid Publishing | 613.8 STO

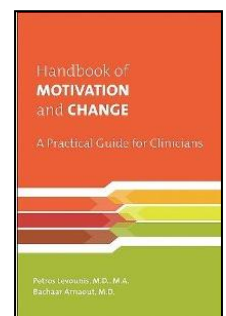
Dog Ear Café is a true-life adventure story about how one Aboriginal community beat the odds and defeated petrol sniffing. It tells of the Mt Theo Petrol Sniffing Program: a story of culture clash, of two lines of fire that meet in the desert night, of partnerships that cross Australia's racial divide. Woven throughout are humour, taboos, bush mechanics, hope and tragedy. In a colloquial and narrative manner, this book invites the reader to a deeper analysis of the assumptions behind white and black economics, indigenous alcoholism, welfare dependency and the failure of well intended policy and programs. Hidden in the subtext is a mud map for reproducing successful partnerships with indigenous Australians. The Mt Theo Program was founded in 1994, when half the teenage population of Yuendumu were sniffing. Eight years later no one sniffed, and ex-sniffers had become youth leaders and community workers. The elders of Mt Theo used their traditional bush knowledge to turn lives around.



Handbook of motivation and change: a practical guide for clinicians

American Psychiatric Publishing | 2010 | 616.8914 HAN

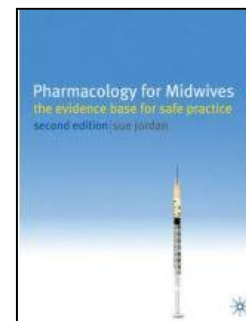
Handbook of Motivation and Change: A Practical Guide for Clinicians is a busy clinician's guide to motivational interviewing. With a special focus on substance use disorders and addiction, this unique handbook equips readers with a full understanding of the Motivational Interviewing approach and an understanding that readers can flexibly apply to address patients' issues of motivation and change even beyond substance use. The handbook is written by more than 20 practitioners of different psychotherapies who employ motivational work. This volume features a collection of case studies punctuated by movie references that illustrate discussed concepts, practical suggestions for treatment and trainee supervision, and summary key points and multiple-choice questions for readers.



Pharmacology for midwives: the evidence base for safe practice

Sue Jordan | 2010 | Palgrave Macmillan | 618.2061 JOR

Pharmacology for Midwives is a unique text that focuses specifically on pharmacology during pregnancy and childbirth. Written in response to the ever increasing and changing responsibilities of midwives the text concentrates on the implications of long term medication during pregnancy and the drugs used during labour and delivery. This timely book meets the needs of midwives by providing detailed and comprehensive information in an easy-to-access format. It introduces the principles of pharmacology before reviewing the drugs prescribed in normal and abnormal practice.

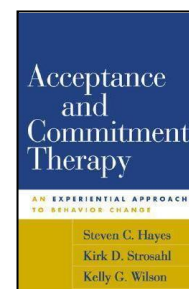


FOCUS TOPIC – Acceptance and Commitment Therapy (ACT)

Acceptance and commitment therapy: an experiential approach to behavior change.

Steven C. Hayes, Kirk D. Strosahl & Kelly G. Wilson | 2003 | Guilford Press | 616.89142 HAY

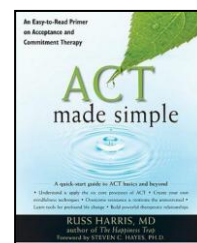
Most therapists and clients believe that a more vital life can be attained by overcoming negative thoughts and feelings. Yet despite efforts to achieve this goal, many individuals continue to suffer with behavior disorders, adjustment difficulties, and low life satisfaction. Acceptance and Commitment Therapy (ACT) focuses in particular on the ways clients understand and perpetuate their difficulties through language. Providing a comprehensive overview of the approach and detailed guidelines for practice, this book shows how interventions based on metaphor, paradox, and experiential exercises can enable clients to break free of language traps, overcome common behavioral problems, and enhance general life satisfaction.



ACT made simple: an easy-to-read primer on Acceptance and Commitment Therapy

Russ Harris | 2009 | New Harbinger Publications | 616.891425 HAR

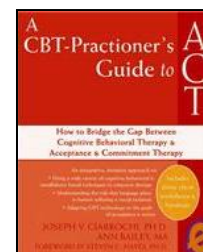
Would you like to be less stressed and more fulfilled at work? Then join the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and myriad other psychological issues. It's also a revolutionary new way to view the human condition, packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice.



A CBT practitioner's guide to ACT: how to bridge the gap between cognitive behavioural therapy and acceptance and commitment therapy

Joseph Ciarrochi & Ann Bailey | 2009 | New Harbinger Publications | 616.89142 CIA

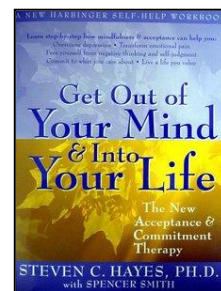
Interest in acceptance and commitment therapy (ACT) is expanding rapidly. Many of those who are interested in ACT are trained using a mechanistic cognitive behavioural therapy model (or 'MCBT'). Utilizing both ACT and MCBT together can be difficult, because the approaches make different philosophical assumptions and have different theoretical models. The core purpose of this book is to help provide a bridge between ACT and MCBT. The emphasis of this book will be applied psychology, but it will also have important theoretical implications. This book will highlight where ACT and MCBT differ in their predictions, and will suggest directions for future research.



Get out of your mind and into your life: the new acceptance & commitment therapy

Steven C. Hayes | 2005 | New Harbinger Publication | 616.89142 HAY

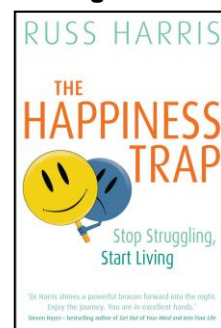
Get Out of Your Mind and Into Your Life offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches you how to learn life-enhancing behavior strategies that work to further the goals you value most. You'll learn to engage with and overcome painful thoughts and feelings with step-by-step acceptance and mindfulness-based techniques. You'll find out how to let go of control, and develop compassion and flexibility. The realization that painful feelings cannot be controlled will open you to the possibility of fully emotional living. Once present, engaged, and aware, you can begin to build new lives for yourself filled with significance and meaning. This book is not about overcoming pain or fighting emotions; it's about embracing life and feeling everything it has to offer. In this way, it offers a way out of suffering by choosing to live a life based on what matters most.



The happiness trap: based on ACT: a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression.

Russ Harris | 2008 | Trumpeter | 158.1 HAR

Using the six principles of Acceptance and Commitment Therapy (ACT), Russ Harris can help you to reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings more effectively; break self-defeating habits; improve performance and find fulfillment in your work; build more satisfying relationships; and create a richer and more meaningful life



To request any of the resources above please email ndsis@adca.org.au