



ACT made simple: an easy-to-read primer on acceptance and commitment therapy

<https://iha.andornot.com/permalink/library22924>

Author: [Harris, Russ](#)
Edition: 2nd ed.
Place: Oakland CA
Publisher: New Harbinger
Pub Date: 2019
Physical Description: xii, 373 p.
Format: Book
Subject: [Cognitive Behavioral Therapy](#)
[Adaptation, Psychological](#)

Abstract: "Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), 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 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. This book gives you everything you need to start using ACT with your clients. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients"-- Provided by publisher.

Notes: Includes bibliographical references and index.
ISBN: 9781684033010
Call No.: WM 425.5 C6 H313 2019
Location: RIH Library
Loan Policy: 21 days



Grief and loss across the lifespan: a biopsychosocial perspective

<https://iha.andornot.com/permalink/library18827>

Author: [McCoyd, Judith L. M](#)
[Walter, Carolyn Ambler](#)

Edition: 2nd ed.

Place: New York NY

Publisher: Springer

Pub Date: 2016

Physical Description: xvii, 350 p.

Format: Book

Subject: [Adaptation, Psychological](#)
[Attitude to Death](#)
[Counseling](#)
[Human Development](#)
[Social Support](#)

Notes: Includes bibliographical references and index.

ISBN: 9780826120281

Call No.: BF 789.D4 M44 2016

Location: VJH Library

Loan Policy: 21 days



Child & youth mental health community promotion & prevention

<https://iha.andornot.com/permalink/library18192>

Author: [Davey, Allyson](#)
[Weathermann Kris](#)

Corporate Author: [Interior Health](#)

Place: Kamloops BC

Publisher: Interior Health

Pub Date: 2015

Physical Description: 1 DVD (56 min.)

Format: DVD

Subject: [Mental Health Services](#)
[Child Youth Mental Health](#)
[Child Psychiatry](#)
[Child Psychology](#)
[Adolescent Psychiatry](#)
[Adolescent Psychology](#)
[Mental Health](#)
[Child](#)
[Adolescent](#)

Series: RIH grand rounds

Notes: Presentation by Dr. Allyson Davey and Kris Weatherman at RIH Physicians' Grand Rounds on January 27, 2015.

Call No.: WS 350 D248 2015

Location: RIH Library

Loan Policy: 21 days



Becoming trauma informed

<https://iha.andornot.com/permalink/library17761>

Author: Poole, Nancy, ed
Greeves, Lorraine, ed

Corporate Author: Centre for Addiction and Mental Health

Place: [Toronto ON]

Publisher: Centre for Addiction and Mental Health

Pub Date: 2012

Physical Description: xxiii, 379 p. : ill.

Format: Book

Subject: Stress Disorders, Traumatic
Substance-Related Disorders
Adaptation, Psychological
Mental Health Services

Notes: Includes bibliographical references.

ISBN: 9781771140584

Call No.: WM 172.5 B398 2012

Location: RIH Library

Loan Policy: 21 days



This is our work : the legacy of Sir William Osler

<https://iha.andornot.com/permalink/library6473>

Author: Grant, Ted

Place: Pakenham ON

Publisher: 5 Span Books

Pub Date: 1994

Physical Description: 1 v.

Format: Book

Subject: Osler, William, Sir, 1849-1919
Biography
Photographs
Art
Medicine in Art
History of Medicine
History, 19th Century
History, 20th Century

ISBN: 0969856806

Call No.: WZ 330 O82 1994

Location: RIH Library

Loan Policy: 21 days



Medicine : an illustrated history

<https://iha.andornot.com/permalink/library19049>

Author: Lyons, Albert S
Petrucelli, R. Joseph

Edition: 1987 ed.

Place: New York NY

Publisher: Harry N. Abrams, Inc.

Pub Date: 1987

Physical Description: 616 p. : ill. (some col.)

Format: Book

Subject: [History of Medicine](#)
[Photographs](#)

Notes: Reprint. Originally published: New York NY: Abrams, 1978.
Includes bibliographical references and index.

ISBN: 0810980800

Call No.: WZ 40 L992h 1987

Location: RIH Library

Loan Policy: 21 days



Medicine : an illustrated history

<https://iha.andornot.com/permalink/library6469>

Author: Lyons, Albert S
Petrucelli, R. Joseph

Place: New York

Publisher: Harry N. Abrams, Inc.

Pub Date: 1978

Physical Description: 616 p. : ill. (some col.)

Format: Book

Subject: [History of Medicine](#)
[Photographs](#)

Notes: Includes bibliographical references and index.

ISBN: 0810910543

Call No.: WZ 40 L992h 1978

Location: PRH Library
RIH Library

Loan Policy: 21 days