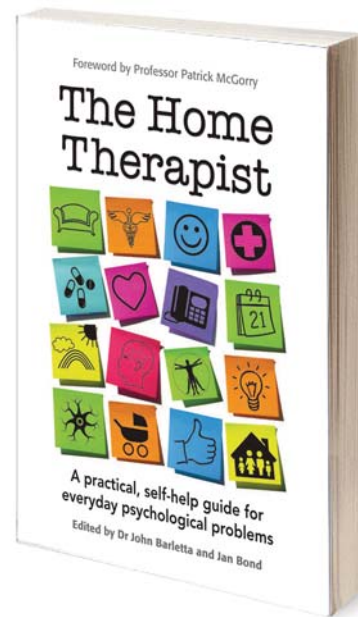




The Home Therapist

A practical, self-help guide for everyday psychological problems

This unique and easy-to-read book is a practical first-aid manual covering over 150 psychological issues. Featuring expert opinion from a range of experienced professionals, it is designed for people seeking information either alone or in addition to professional help, as well as friends and family wishing to provide support. As a preventative and educational resource it provides family members with information on a variety of emotional, social, psychological, relationship, and health struggles we may encounter across our lifetime, and a first port of call when such challenges arise. It can also be used as a broad reference text by professionals such as doctors, psychiatrists, psychologists, mental health nurses, occupational therapists, social workers, counsellors, and life-coaches for their own continuing development, or recommended to patients and clients to enhance their treatment and recovery.



A comprehensive attempt to better equip all of us to reduce the risks of mental ill-health, to guide help-seeking, and to set us on a path where we and those around us might actually flourish.

Professor Patrick McGorry AO, Psychiatrist, Australian of the Year 2010

The Home Therapist offers a wonderful collection of practical and useful concepts and suggestions for leading a more healthy and fulfilled life. Clinicians and lay people will find that this book will serve as a useful tool for everyday living. As I read from the many talented scholars in this book, I was reminded of what I often tell my graduate students in Counselling; you don't have to be sick to get better. The Home Therapist is just the tool to aid so many in taking control of their own lives as they help themselves to a better life.

Prof. Thomas Davis, Counsellor Education, Ohio University, Ohio.

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Over 90 experienced professionals have contributed to this book.

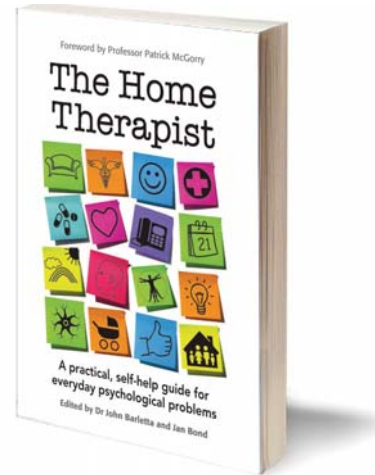
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Personal Wellbeing

Work-Life Balance
Positive Psychology
Optimism
Personal Energy Audit
Building Resilience
Enhancing Happiness and Wellbeing
Emotional Intelligence
Enhancing Motivation
Creativity to get through the Tough Stuff
Assertiveness
Managing Financial Challenges
Confidence and Self-Esteem
Problem-Solving and Decision-Making
Living the Life You Want
Laughter
Perfectionism
Home Organisation — Avoiding Clutter
Spirituality and Religion
Shedding Guilt and Shame
Moving House

Couples

Coping with a Long-Distance Relationship
Getting Married
Growing into Relationships
Communication in Relationships
Conflict Management in Relationships
Coping with Infertility
Successful Childlessness
Recovering after an Affair

Families and Parenting

Being a New Parent
Building Attachment with Children
Parent-Child Relationships
Praising Appropriately
Working Mothers
Family Meetings
Coping with a Child with a Disability
Single Parenting
Children of Divorce
Share Care of Children
Step-Families
Adult Children Returning Home
Being a Grandparent
Giving a Baby up for Adoption
Adopting a Child

Children and Adolescents

Infant and Child Health Care
Safe Sleeping for Babies and Toddlers
Child and Adolescent Development
Child Safety Around the Home
Childhood Anxiety
Children and Adolescents in Transition
Shyness
Anger Management in Adolescence
Child Behaviour Management

Health and Wellbeing

Coping Styles when Managing Health Concerns
Sleeping Soundly
Emotional Challenges of Major Illness
Weight Management and Obesity
Pregnancy Health
Nutrition, Diet and Healthy Eating
Adjustment to Injury
Using Medicines Safely and Effectively
Physical Activity and Wellbeing
Importance of Exercise
Returning to Exercise
Managing Menopause
Chronic Pain Management: Mind and Body
Types of Pain
Consulting a Therapist (Part A)
Information and Consent Document (Part B)

Ageing

Coping with an Empty Nest
Planning for Retirement
Positive Ageing
Ageing Parents
Dementia and Alzheimer's Disease — for Carers
Person with Dementia and Alzheimer's Disease

Mental Health

Keeping your Brain Healthy
Looking after your Brain
Mental Illness
Depression
Anxiety Disorders
Asperger's Syndrome
Depression and Anxiety in the Perinatal Period
Deliberate Self-Harm
Managing Suicide Thoughts and Urges
Eating Disorders
Emotional Overeating
Trauma Recovery
Living with a Person affected by a Mental Illness

Grief and Loss

Recovery from Loss
Supporting Someone who is Grieving
Pregnancy Loss
Death of a Child
Children's Grief
Parenting Bereaved Children after Sibling Death
Suicide Bereavement
Death and Dying
Facing our Mortality
Sudden Infant Death Syndrome
Recovery After a Relationship Breakup
Loss of Employment
Saying the Final Farewell to Your Pet

Sexuality

Mismatched Libidos
Women's Health and Intimacy
Men's Sexual Health
Coming Out — Telling Family and Friends
When Your Child tells you They are Gay

Stress Management and Time Management

Controlled Breathing
Progressive Muscle Relaxation
Reducing Stress: Mind-Body Strategies
Stress Management
Adult Anger Management
Meditation to Relax the Mind
Avoiding Road Rage
Time Management
Overcoming Procrastination

Addiction

Reducing the Health Risks of Alcohol
Smoking Cessation
Harm Minimisation in Using Alcohol and Drugs
Gambling Addiction
Internet Addiction
Internet Pornography Addiction
Co-dependency in Relationships

Abuse, Neglect, Violence, Bullying and Crime

Child and Adolescent Abuse and Neglect
Domestic Violence: Sanctions and Sanctuary
Men Helping End Family Violence
Becoming Free from Domestic Violence
Childhood Bullying
Cyberbullying
Sexual Assault
Dealing with Traumatic Incidents
Victims of Crime

Education and Career

Studying Effectively
School Refusal
Career Choice and Change
Considering the Realities of Work
Gaining or Re-entering Employment

Communication, Relationship and Friendship

Mediation
Positive Online Social Networking
Forgiveness
Responding Positively to Differences
Gender Differences in Communication
Men and Their Friends