



# The Home Therapist

A practical, self-help guide for everyday psychological problems

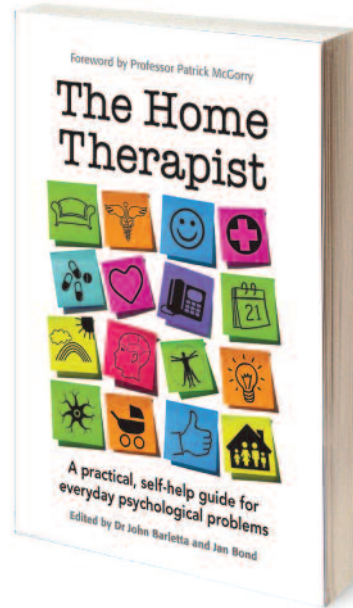
This unique and easy-to-read book is a practical guide to over 130 psychological issues that you may face across a lifetime. It is both a self-help manual and an educational resource, featuring expert opinion from a range of experienced professionals. A must-have for the family bookshelf, it provides a wealth of information and helpful tips that can be used for self-care, as an addition to therapy, or in the support of others. It can also be used by 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.

*About time! Quality, well-researched professional information, brought together in an easy enlightening approach, across a wide range of common concerns—a triumphant first aid manual that will improve the well-being of all who use it.*

— Santo Russo, Psychologist, Brisbane

*A go-to guidebook for navigating the most important journey ever: Your life. Highly recommended.*

— Dr Leah Giarratano, Clinical Psychologist, Sydney



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*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.



## EDITORS

Dr John Barletta and Jan Bond are both colleagues and longtime friends who share a passion for a healthy life. John has been a teacher, school counsellor, and relationship educator and runs his own clinical psychology practice in Brisbane. Jan has over 35 years counselling experience with children and adults and runs her own private practice on the Gold Coast.

## CONTRIBUTORS

Over 90 experienced professionals have contributed to this book.



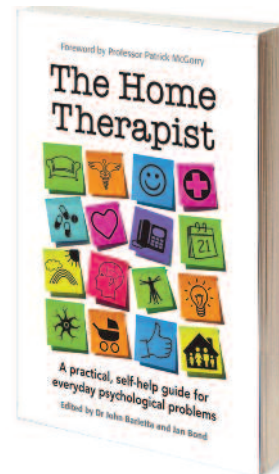


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A practical, self-help guide for everyday psychological problems



## Personal Wellbeing

Work–Life Balance  
Positive Psychology  
Optimism  
Personal Energy Audit  
Building Resilience in Children  
Enhancing Happiness and Wellbeing  
Emotional Intelligence  
Enhancing Motivation in Your Child  
Creativity to get Through the Tough Stuff  
Assertiveness  
Managing Financial Challenges  
Confidence and Self-Esteem  
Problem Solving and Decision Making  
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Perfectionism  
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Christian Spirituality and Religion  
Shedding Guilt and Shame  
Moving House

## Couples Issues

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Getting Married  
Growing into Relationships  
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Conflict Management in Relationships  
Coping with Infertility  
Successful Childlessness  
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Building Attachment with Children  
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Being a Grandparent  
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Adopting a Child

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Child and Adolescent Development  
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Childhood Anxiety  
Children and Adolescents in Transition  
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## Health and Wellbeing Issues

Coping Styles when Managing Health Concerns  
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Weight Management and Obesity  
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Physical Activity and Wellbeing  
Health Benefits of Strength Training  
Returning to Sport  
Managing Menopause  
Managing Chronic Pain  
Some FAQ for Seeing a Therapist

## Ageing Issues

Coping with an Empty Nest  
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Positive Ageing  
Caring for Ageing Parents  
Coping with Dementia or Alzheimer's Disease  
Caring for a Person with Dementia or Alzheimer's Disease

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Brain Health  
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Recovering from Loss  
Supporting Someone who is Grieving  
Pregnancy Loss  
Death of a Child  
Children's Grief  
Parenting Bereaved Children after Sibling Death  
Suicide Bereavement  
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Sudden Infant Death Syndrome  
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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 for Stress Relief  
Progressive Muscle Relaxation for Stress Relief  
Reducing Stress: Mind-Body Strategies  
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## Addiction Issues

Reducing the Health Risks of Alcohol  
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The Problem of Domestic Violence  
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Forgiveness  
Dealing with Cultural Differences  
Gender Differences in Communication and Friendship