



Jessica Kingsley  
Publishers

---

<sup>PRESS</sup>  
**sheldon**

**Rights 2021**

---

Imprints of Hachette UK

## **CONTACT INFO**

### **Margaret Szymczyk**

Head of Rights

Margaret.Szymczyk@hachette.co.uk

Translations for Asia

### **Daria Riabchikova**

Rights Executive

Daria.Riabchikova@johnmurrays.co.uk

Translations for Europe, Middle East, South America

### **Sophie Jackson**

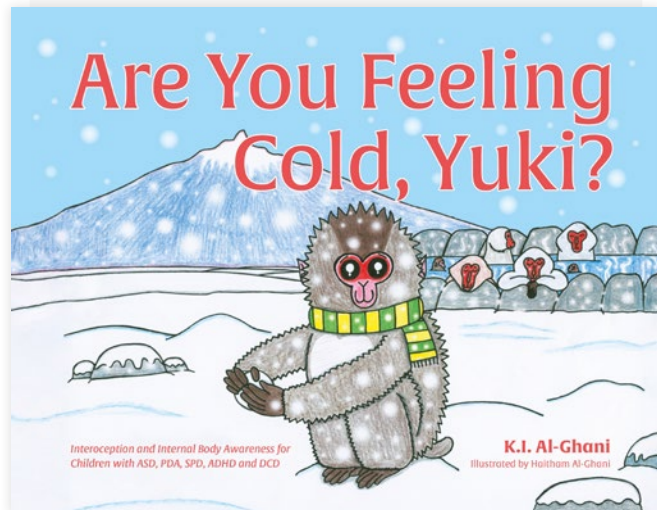
Rights Assistant

Sophie.Jackson@hachette.co.uk

Offset/Cover artwork/Production materials

**[www.jkp.com](http://www.jkp.com)**

**[www.johnmurraypress.co.uk](http://www.johnmurraypress.co.uk)**



OCT 2021 | 48PP | ISBN-9781787756922 | 20 COLOUR  
ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**K.I. Al-Ghani** is a specialist advisory teacher, university lecturer and international author. She is currently a part time lecturer at the University of Brighton – delivering their Post Graduate Certificate in Autism. Her career in Education spans over forty years, and as well as working in both mainstream and special schools, she has trained professionals, parents & caregivers, in all aspects of ASD. As an author and the mother of a son with ASD, she has spent over 30 years researching the enigma that is Autism.

**Haitham Al-Ghani** is a talented book illustrator and cartoon animator. He graduated with Triple Distinction in Multi Media Studies and was nominated for and won the Vincent Lines Award for creative excellence.

## Are You Feeling Cold, Yuki?

**A Story to Help Build Interoception and Internal Body Awareness for Children with Special Needs, including those with ASD, PDA, SPD, ADHD and DCD**

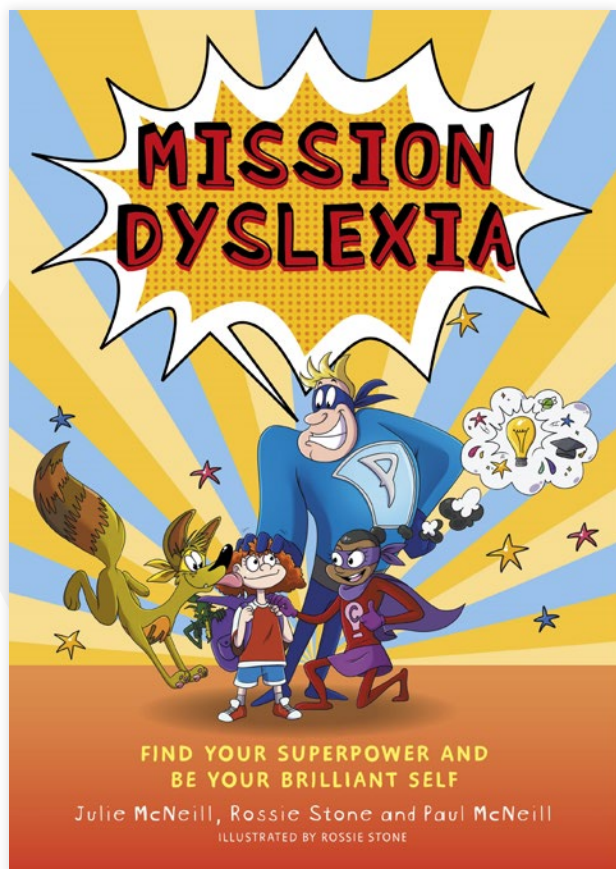
*K.I. Al-Ghani*

*Illustrated by Haitham Al-Ghani*

- The next title in the highly successful series including The Red Beast (ISBN 9781843109433), 48,000+ copies sold, The Panicosaurus (ISBN 9781849053563) and The Disappointment Dragon (ISBN 9781849054324).
- Includes a link to online resources with tried and tested strategies to build interoceptive awareness.
- There is currently little available on the market on the topic of interoception.

Yuki the snow monkey lives in Japan with his family and friends. He sometimes finds it hard to realise when his body is giving him signals, like when he is hungry or cold. Grandfather helps Yuki to understand what his 'funny feelings' mean, and what his brain is trying to tell him.

This illustrated storybook will help children to build interoceptive awareness and gain an understanding of the body's activities. It also includes further information for parents and carers, as well as downloadable activities and strategies for building interoceptive abilities.



MAR 2021 | 128PP | ISBN-9781787752962 | FULLY ILLUSTRATED  
WITH COLOURFUL CARTOONS AND PAGES FOR THE CHILD TO  
DRAW AND WRITE IN

RIGHTS SOLD: CATALAN, SPANISH

**Paul McNeill** is the head of community football for the Scottish Football Association, and is an experienced public and keynote speaker. He is dyslexic and works as an ambassador for Dyslexia Scotland.

**Rossie Stone** is the founder and director of Dekko comics, an educational comic book company that aims to revolutionise the school curriculum. He works alongside Paul as an ambassador for Dyslexia Scotland and has given three TEDx talks about Dekko comics and his own struggle with dyslexia.

**Julie McNeill** has a Masters degree in Creative Writing and has worked in education and social care, supporting children with additional needs. She has been a keynote speaker at the Dyslexia Scotland Education Conference, where she talked about life with dyslexia 'Beyond the School Gates'.

## Mission Dyslexia

**Find Your Superpower and Be Your Brilliant Self**

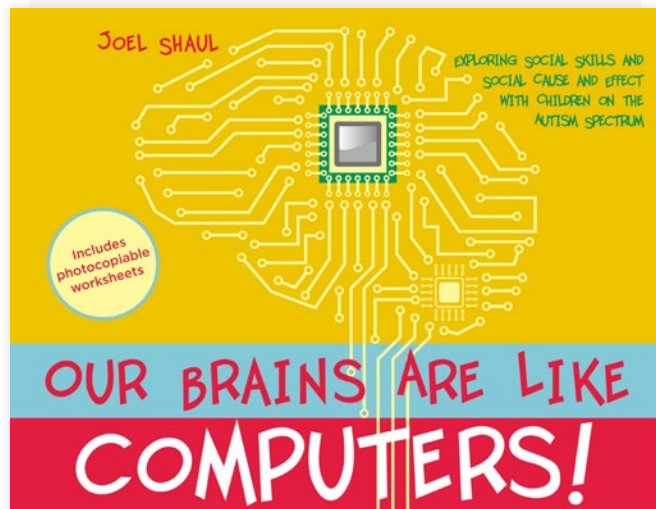
*Julie McNeill, Rossie Stone and Paul McNeill*

*Illustrated by Rossie Stone*

- First fun interactive fully illustrated book for dyslexic kids to support them to harness their strengths and build their self-esteem – JKP's dyslexia titles are selling well in the homeschooling climate.
- Authors are delivering Mission Dyslexia workshops around dyslexia strategies and abilities for children funded by the Scottish government.
- Taps into the growth mindset, active learning and metacognition themes which are very current in education and SEN.
- Focuses on common issues for dyslexic kids such as confidence and self-esteem.
- Based on characters developed as part of the 'mission superhero' workshops delivered throughout Scotland by Paul McNeill and Rossie Stone.

Meet Creatia, Persisto and Willforce. They are strong, determined and creative, and they represent the strengths that dyslexia can bring to your life. Together they encourage you to use your skills and talents to be confident in what you do – and shrink the villain Mr Dyspicibilia!

This is a fun and interactive resource for grown-ups and children to work through together, with drawing and writing activities and examples to open up helpful discussions and find practical solutions that put the dyslexic child's self-esteem and self-understanding at the fore. The strategies in the book are brought to life through the three superheroes who help you develop a child's unique strengths to tackle the everyday challenges they may experience with reading, writing, staying organised or keeping track of the time. The colourful illustrations, cartoons and dialogue encourage children to name their feelings, identify challenges and recognise their own strengths in any situation.



MAR 2021 | 80PP | ISBN-9781787759886 | FULL COLOUR

THROUGHOUT

RIGHTS SOLD: CHINESE (SIMPLIFIED)

**Joel Shaul** is a Licensed Clinical Social Worker who specializes in ASDs. Through his organization, Autism Teaching Strategies, he provides professional workshops on social skills teaching and effective counseling methods. He is co-creator of Ryuu social skills products and author of *The Conversation Train: A Visual Approach to Conversation for Children on the Autism Spectrum* and *The Green Zone Conversation Book: Finding Common Ground in Conversation for Children on the Autism Spectrum*. He provides clinical and consultation services at The Watson Institute of Sewickley, PA. Joel's website is [autismteachingstrategies.com](http://autismteachingstrategies.com).

## Our Brains Are Like Computers!

Exploring Social Skills and Social Cause and Effect with Children on the Autism Spectrum

*Joel Shaul*

- A highly visual approach to helping children with ASD develop their social skills and social awareness
- Attractive, colour book with photocopiable worksheets
- Many children, and adults, with ASD find communication easier to navigate through computers and email, making computer metaphors and images ideal for explaining face-to-face social interaction and its effects

This highly visual social skills book uses computer metaphors and visual diagrams to help children on the autism spectrum to understand how their words and actions can affect other people. Easily identifiable computing and social networking metaphors are used to explain how memories are saved in the brain, like files in computer folders, and how, just as files can be shared and downloaded on the internet, people learn about you by sharing their positive and negative impressions with each other. The author explains why certain actions may be 'liked' or 'disliked' by others, and offers guidance on appropriate and inappropriate social behavior.

This book also features photocopiable worksheets to reinforce the guidance and lessons offered in the book.

COVER  
COMING  
SOON

APR 2022 | 288PP | ISBN-9781787758377 | 45 BLACK AND WHITE  
CARTOONS

RIGHTS SOLD: DANISH, CHINESE (SIMPLIFIED), CHINESE  
(TRADITIONAL), CZECH, POLISH

**Jennifer Cook** was identified as being on the spectrum in 2011, just after her three children. She is now the author of seven bestselling books --the Asperkids collection, *Sisterhood of the Spectrum*, and *Autism in Heels* -- which include a Wall Street Journal Bestseller, a Publishers Weekly “Best Book” title winner, and three of BookAuthority’s “Best-Selling” and “Top Autism Books of All Time”. Jennifer is the bestselling female author of any single book in the genre, a multi-award-winning international speaker, and the founder of a brand-new venture called *Belong*, a virtual wonderland of enrichment and community, empowering neurodiverse individuals, couples and families worldwide.

## The Asperkid’s (Secret) Book of Social Rules, 10th Anniversary Edition

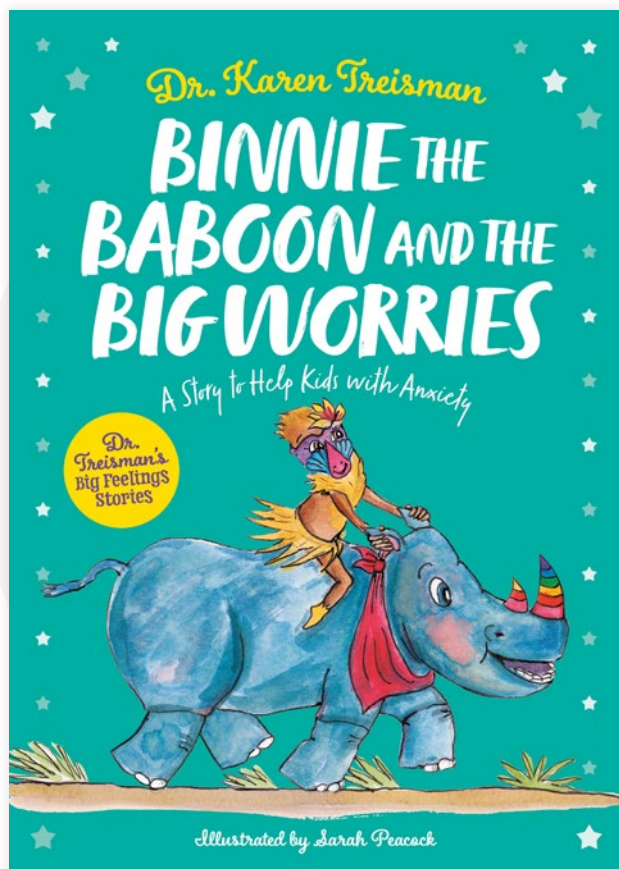
*Jennifer Cook*

- Original edition has sold over 82,000 copies.
- Explains confusing social rules in accessible bite-sized chapters.
- Contains updated sections on social media and the language used to discuss neurodiversity.

Being a teen or tween is tough for anyone. And if you’re on the Autism Spectrum, life can feel like a game you’re playing without knowing the rules. Jennifer Cook knows – she’s been there! Her internationally bestselling handbook is the key to unlocking those unwritten, often confusing, not-so-obvious social guidelines and bolstering confidence, all at once.

Finally, teens can play the game of life with instructions. The 10th Anniversary Edition of *The (Secret) Book of Social Rules* reveals the essential secrets behind the baffling social codes surrounding making and keeping friends, dating, and catastrophic conversation pitfalls. It’s no wonder Jennifer’s is the navigation tool tens of thousands of fans have come to love! Chock full of funny illustrations, take-it-from-me explanations, and comic strip examples, this Book of the Year award winner is real, positive, and speaks from the heart (without ever sounding like your mother’s guide to manners). It’s confidence, humor, and smarts. For the Human Spectrum.





AUG 2021 | 48PP | ISBN-9781839970252 | 27 COLOUR

ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Binnie the Baboon and the Big Worries

**A Story to Help Kids with Anxiety**

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

- A therapeutic story to help children aged 5–10 who experience anxiety, to explore big feelings related to worries, fears and stress
- One of six books launching 'Dr Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: a separate activity book with expansion activities published for a professional market, which is ideal for teachers, social workers carrying out individual or groupwork around the story of Binnie (Binnie the Baboon Anxiety and Stress Activity Book, Nov 2019, A4, 176pp, £19.99/USD\$27.95, Jessica Kingsley Publishers, 9781785925542, 2,000 units sold)

Binnie is an energetic baboon, who bounces around the lush green mountains of Rwanda in East Africa. But like many of us, Binnie often feels worried, fearful, and stressed, and these worries can get in her way!

What if she gets lost in the jungle, or her family gets sick? What if no one likes her? Sometimes she even worries about the fact she's worried; and if she isn't worried, well why not?!

This story will help children aged 5–10 and the adults around them to understand why they feel anxious. It describes what children can do to help reduce these feelings and become their very own worry wizards and worry warriors.

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5–10 to help children to understand their feelings.



AUG 2021 | 40PP | ISBN-9781839970276 | 19 COLOUR  
ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Cleo the Crocodile's New Home

### A Story to Help Kids After Trauma

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

- A therapeutic story to help children aged 5–10 who are dealing with trauma, to explore big feelings related to hurt, anger and trust
- One of six books launching 'Dr. Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: the same story features in Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close – an activity book with expansion activities published for a professional market of teachers, social workers and counsellors (May 2019, A4, 160pp, £19.99/USD\$27.95, Jessica Kingsley Publishers, 9781785925511, over 2,000 copies sold)

Amongst the beauty of the Okavango delta in Botswana, Cleo the Crocodile loved having fun with all of his animal friends. That is, until one day Hogan the Hippo, who was supposed to look after Cleo, started to act mean and hurt him.

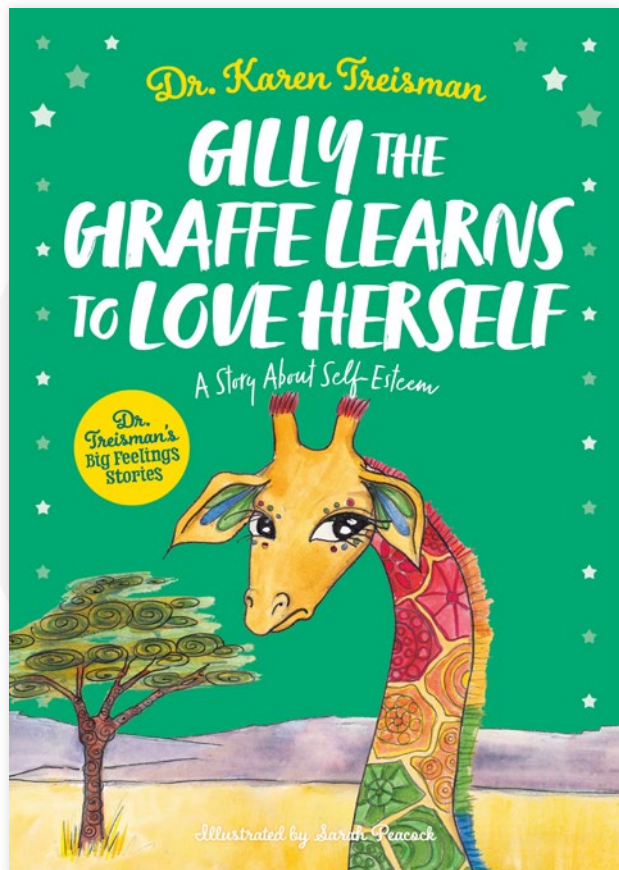
To keep safe, Cleo has to leave the swamp to find a new home – he's scared and snaps and snarls to keep the other animals away from him so that they can't hurt him like Hogan did.

How can Cleo find a new safe home and start to let others in?

This story has been written to help children aged 5–10 who have experienced trauma to begin conversations around big feelings around hurt, anger and trust.

About this series: Dr. Treisman's Big Feelings Stories are written to help kids aged 5–10 to understand their feelings.





AUG 2021 | 40PP | ISBN-9781839970290 | 24 COLOUR

ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Gilly the Giraffe Learns to Love Herself

### A Story About Self-Esteem

*Dr. Karen Treisman*

*Illustrated by Sarah Peacock*

- A therapeutic story to help children aged 5–10 improve their self-esteem and confidence, and explore big feelings related to worry and feeling self-conscious
- One of six books launching 'Dr Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: the same story features in Gilly the Giraffe Self-Esteem Activity Book – an activity book with expansion activities published for a professional market of teachers, social workers and counsellors (January 2019, A4, 160pp, £22.99/ USD\$29.95, Jessica Kingsley Publishers, 9781785925528, over 2,000 copies sold)

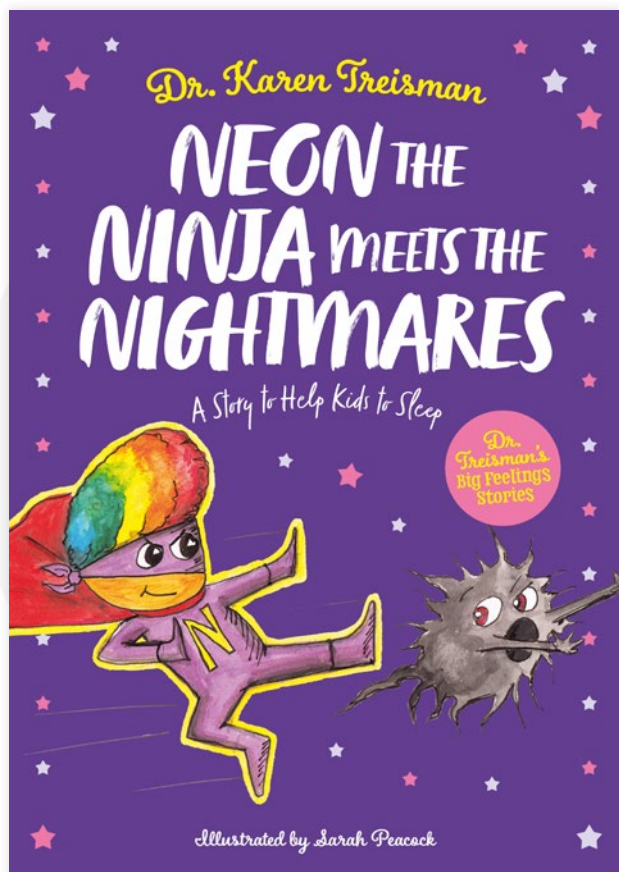
Even though Gilly the Giraffe has many wonderful things in her life, she sometimes lacks confidence.

Why does she have to stand out so much with her long neck, her long black tongue and her mosaic patches? Why do some of the other animals point and laugh at her?

Can it be possible to be different and to be cool?

This story will support children aged 5–10 and the adults around them to celebrate their uniqueness and their strengths, as well as boost their self-esteem, confidence, self-belief, and sense of self-worth.

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5–10 to help children to understand their feelings.



AUG 2021 | 32PP | ISBN-9781839970191 | 19 COLOUR

ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Neon the Ninja Meets the Nightmares

### A Story to Help Kids to Sleep

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

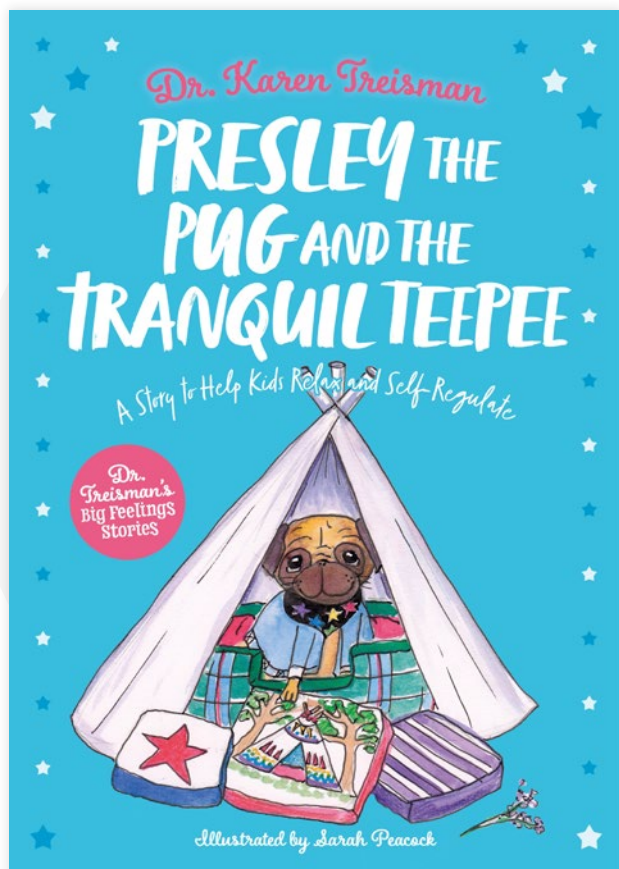
- A therapeutic story to help children aged 5–10 tackle nightmares and sleeping difficulties
- One of six books launching 'Dr Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: the same story features in Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmare – an activity book with expansion activities published for a professional market of teachers, social workers and counsellors (December 2018, A4, 160pp, £22.99/USD\$29.95, Jessica Kingsley Publishers, 9781785925504, over 2,000 copies sold)

Neon the Ninja has a very special job. He looks after anyone who finds the night time scary.

Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by.

This story will help to make night times feel safer and more relaxed for children aged 5–10 who experience nightmares and other sleep-related difficulties, helping them to connect with their inner ninja!

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5–10 to help children to understand their feelings.



AUG 2021 | 48PP | ISBN-9781839970313 | 25 COLOUR

ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Presley the Pug and the Tranquil Teepee

**A Story to Help Kids Relax and Self-Regulate**

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

- A therapeutic story to help children aged 5–10 who struggle with maintain a sense of calm, and to explore big feelings related to stress and worry
- One of six books launching 'Dr Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: the same story features in Presley the Pug Relaxation Activity Book- an activity book with expansion activities published for a professional market of teachers, social workers and counsellors (June 2019, A4, 160pp, £22.99/USD\$29.95, Jessica Kingsley Publishers, 9781785925535, over 2,000 copies sold)

Like all dogs, Presley the Pug loves to play, run, and snuggle up under his warm blanket.

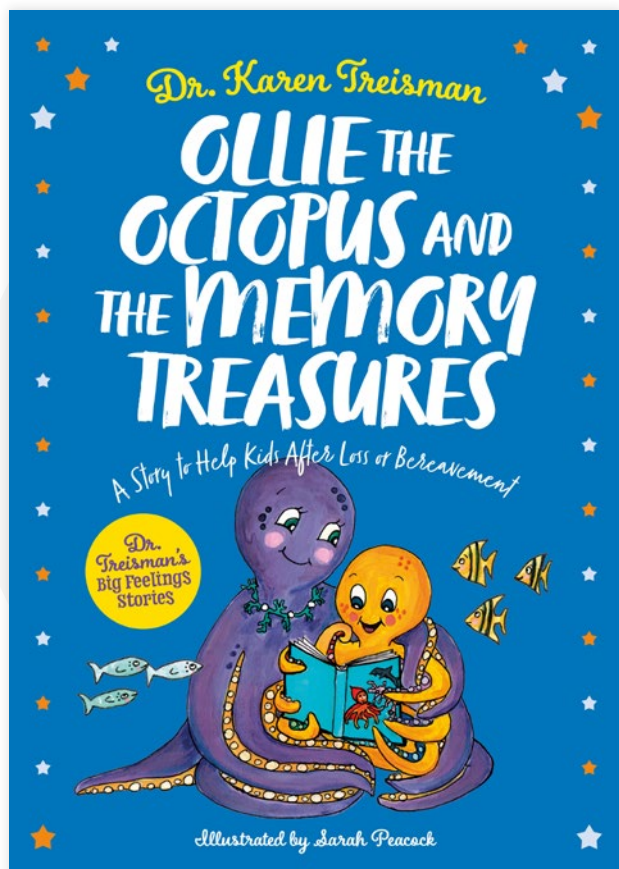
But sometimes, Presley struggles with big feelings like anger, stress, and worry and it can be tricky to find ways to be calm. What can Presley do when he feels like this?

Luckily Presley's canine friends are nearby with some wise words and share some of the relaxation tricks that have worked for them!

This story will help children aged 5–10 to learn about relaxation and how to regulate your feelings. It describes how to create imaginary safe spaces to help you to cope with big feelings and to find an inner sense of calm.

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5–10 to help children to understand their feelings.





OCT 2022 | 60PP | ISBN-9781839970238

WORLD RIGHTS AVAILABLE

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Ollie the Octopus and the Memory Treasures

**A Story to Help Kids After Loss or Bereavement**

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

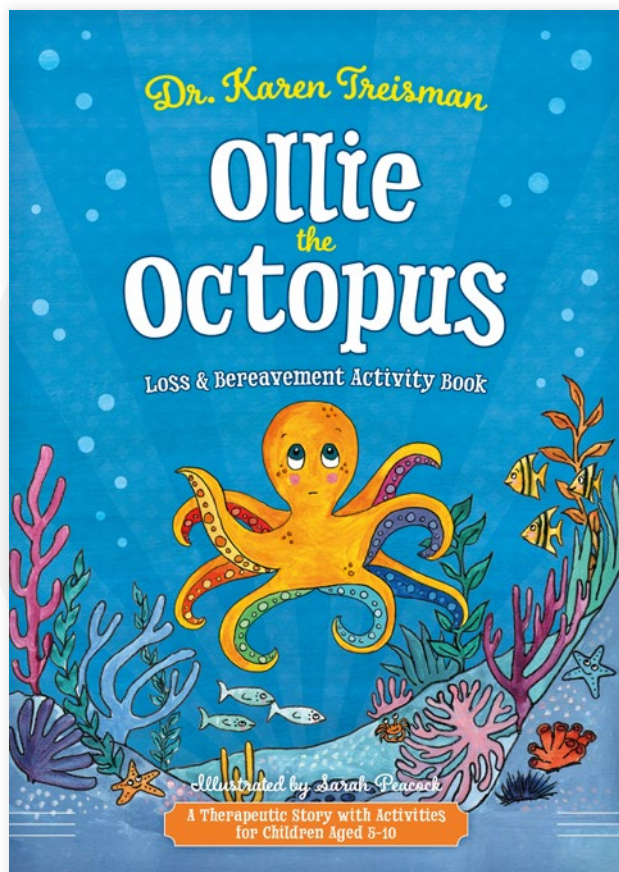
- A therapeutic story to help children aged 5–10 who are dealing with loss and bereavement, to explore big feelings related to grief
- One of six books launching 'Dr Treisman's Big Feelings Stories' in August 2021 – perfect for parents or schools supporting children's mental health
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')
- Also available from JKP: the same story features in Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close – an activity book with expansion activities published for a professional market of teachers, social workers and counsellors (August 2021, A4, 160pp, £22.99/USD\$29.95, Jessica Kingsley Publishers, 9781787757660)

In a magical underwater forest lived a colourful and loveable Octopus called Ollie, who loved swimming with his friends and spending time with his mum and dad, Orla and Orson the Octopuses.

Until one day, when Orla started to get very sick. The doctors did everything they could to help her, but very sadly, Orla died. Ollie had so many thoughts and feelings spinning around in his head, and his heart was hurting -- what can Orson and Ollie's friends do to help?

This story will help children aged 5–10 to understand big feelings relating to grief and bereavement and explores ways to stay connected to your loved one and to keep them in your heart and in your head.

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5–10 to help children to understand their feelings.



AUG 2021 | 224PP | ISBN-9781787757660 | FULLY ILLUSTRATED

WORLD RIGHTS AVAILABLE

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## Ollie the Octopus Loss and Bereavement Activity Book

**A Therapeutic Story with Activities for Children Aged 5–10**

**Dr. Karen Treisman**

*Illustrated by Sarah Peacock*

- Bestselling author: A brand new resource from the prolific Dr. Treisman, whose previous Treasure Box for Working with Children and Adolescents with Developmental Trauma (9781785922633) has sold over 13,000 copies
- Innovative combination of a fully-illustrated therapeutic story to engage children; a wealth of therapeutic activity sheets for adults to use with the child; and guidance for the adults to explain the principles behind the activities

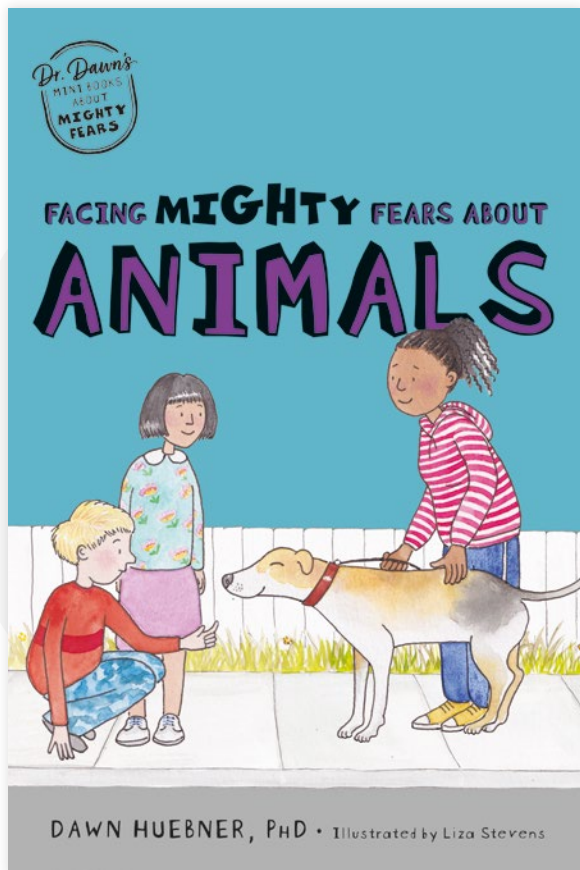
In a magical underwater forest lived a colourful and loveable Octopus called Ollie, who loved swimming with his friends and spending time with his mum and dad, Orla and Orson the Octopuses.

Until one day, Orla started to get very sick. The doctors did everything they could to help her, but very sadly, Orla died. Ollie had so many thoughts and feelings spinning around in his head, and his heart was hurting.

This activity book has been developed by expert child Psychologist and bestselling author Dr. Karen Treisman. The first part of the book is a colourful illustrated therapeutic story about Ollie the Octopus, with a focus on Ollie making sense of and processing the loss of his mum, Orla. This is followed by a wealth of creative activities and colourful photocopyable worksheets for children and the people supporting them to explore aspects of loss, grief, death, and bereavement, and how to find ways to understand and cope with them.

The final section of the book is full of advice and practical strategies for parents, carers, and professionals on how to help children aged 5–10 to begin to understand the complex and multi-layered feelings surrounding loss and bereavement, and what they can do to help navigate them through their grief journey. This activity book is complemented by a standalone picture book of Ollie's story, also available from Jessica Kingsley Publishers.





APR 2022 | 64PP | ISBN-9781787759466 | 40 BLACK AND WHITE ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**Dawn Huebner**, PhD is a Clinical Psychologist and Parent Coach specializing in childhood anxiety. She is the author of 10 books including the award-winning *What to Do When You Worry Too Much* and *Outsmarting Worry*.

## Facing Mighty Fears About Animals

*Dawn Huebner, PhD*

*Illustrated by Liza Stevens*

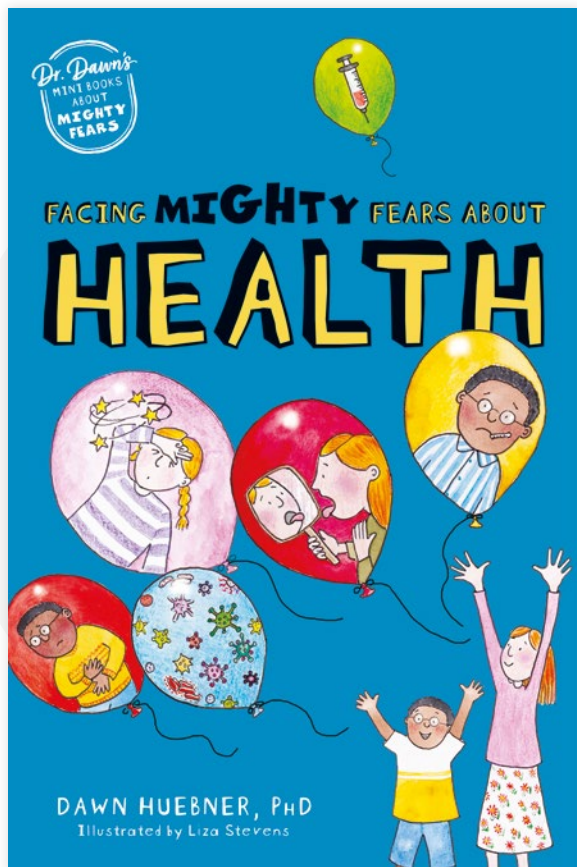
- The book teaches specific steps to shrink fears.
- Fun Facts about animals sprinkled throughout the book keep readers engaged whilst aiding with desensitization.
- Qualified, award-winning PhD author of *What to Do When You Worry Too Much* 9781591473145 (over 1 million copies in print).
- Part of a new series – *Mini Books About Mighty Fears* – by Dawn Huebner, PhD

If you feel like you have to avoid common animals – the kind other people are okay being around – life can get pretty complicated. It's hard to always be on the lookout, to make decisions about where to go or not go depending on whether the animal will be there.'

Fear of animals that slither, bite and sting is common among children. But sometimes healthy caution turns to outright fear, getting in the way of going places and doing things.

Facing Mighty Fears About Animals teaches children techniques to shrink over-size fears. Written with warmth and humor, and chock full of Fun Facts about bees, dogs, spiders and snakes, this book is a game-changer. A note to parents and caregivers, along with a supplemental Resource Page, makes this the perfect guide for families and mental health counselors.

This book is part of the Dr Dawn's Mini Books About Mighty Fears series, designed to help kids aged 6–10 to tackle their fears and live happier lives!



MAR 2022 | 80PP | ISBN-9781787759282 | 39 B&W ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Dawn Huebner, PhD** is a Clinical Psychologist and Parent Coach specializing in childhood anxiety. She is the author of 10 books including the award-winning *What to Do When You Worry Too Much* and *Outsmarting Worry*.

## Facing Mighty Fears About Health

*Dawn Huebner, PhD*

*Illustrated by Liza Stevens*

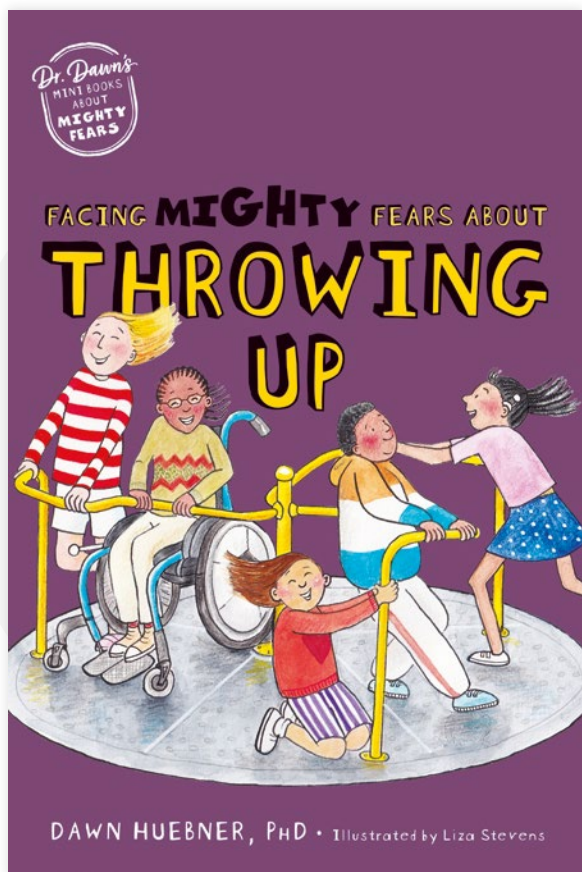
- Health Anxiety is common among children, and can impact day-to-day functioning including sleep, appetite, and the ability to go to school.
- Book teaches 3 steps to shrink fear.
- Fun Facts about bodies sprinkled throughout the book keep readers engaged whilst aiding with desensitization.
- Qualified, award-winning PhD author of *What to Do When You Worry Too Much* 9781591473145 (over 1 million copies in print).
- Part of a new series – Dr. Dawn's Mini Books About Mighty Fears – by Dawn Huebner, PhD

What if I choke? Am I going to faint?! WHY IS MY HEART BEATING SO FAST?!!'

Thinking about our bodies' functions can be scary, especially for children. Sometimes this awareness grows into Health Anxiety, an intense, unshakeable fear accompanied by hypervigilance about breathing, swallowing, aches, and pains.

Facing Mighty Fears About Health teaches children to manage scary thoughts more effectively. Fun Facts about the body engage children whilst they practice the 3 steps included to ease false-alarm fears. A note to parents and caregivers, along with a supplemental Resource Page, makes this the perfect guide for families and mental health counselors.

This book is part of the Dr Dawn's Mini Books About Mighty Fears series, designed to help kids aged 6–10 to tackle their fears and live happier lives!



MAR 2022 | 64PP | ISBN-9781787759251 | 39 BLACK AND WHITE ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**Dawn Huebner**, PhD is a Clinical Psychologist and Parent Coach specializing in childhood anxiety. She is the author of 10 books including the award-winning *What to Do When You Worry Too Much* and *Outsmarting Worry*.

## Facing Mighty Fears About Throwing Up

*Dawn Huebner, PhD*

*Illustrated by Liza Stevens*

- According to Anxiety UK, approximately 5% of children suffer from emetophobia.
- The book includes step-by-step guidelines for shrinking fear.
- Fun Facts about vomit sprinkled throughout the book keep readers engaged whilst aiding with desensitization.
- Qualified award-winning PhD author of *What to Do When You Worry Too Much* 9781591473145 (over 1 million copies in print).
- Part of a new series – Dr. Dawn's Mini Books About Mighty Fears – by Dawn Huebner, PhD

If you happen to be a child who is fascinated by puke, you're in the right place. There's plenty that's fascinating here! And if you are the opposite – if you hate everything associated with throwing up and would rather throw this book across the room – you're in the right place, too.'

No one likes throwing up. No one likes to see it, smell it, or experience it. But emetophobia is different, turning disgust into dread, getting in the way of day-to-day life.

*Facing Mighty Fears About Throwing Up* presents specific techniques to help shrink this surprisingly common phobia, helping children accept that puke happens, and life goes on. A note to parents and caregivers, along with a supplemental Resource Page, makes this the perfect guide for families and mental health counselors.

This book is part of the Dr Dawn's Mini Books About Mighty Fears series, designed to help kids aged 6–10 to tackle their fears and live happier lives!



APR 2022 | 64PP | ISBN-9781787759503 | 35 BLACK AND WHITE ILLUSTRATIONS

**WORLD RIGHTS AVAILABLE**

**Dawn Huebner**, PhD is a Clinical Psychologist and Parent Coach specializing in childhood anxiety. She is the author of 10 books including the award-winning *What to Do When You Worry Too Much* and *Outsmarting Worry*.

## Facing Mighty Fears About Trying New Things

*Dawn Huebner, PhD*

*Illustrated by Liza Stevens*

- Refusal to try new things is common among children, reducing their exposure to new people, places, and experiences.
- 3 steps help children better manage apprehension and fear.
- Fun Facts sprinkled throughout the book keep readers engaged whilst aiding with desensitization.
- Qualified, award-winning PhD author of *What to Do When You Worry Too Much* 9781591473145 (over 1 million copies in print).
- Part of a new series – *Dr. Dawn's Mini Books About Mighty Fears* – by Dawn Huebner, PhD

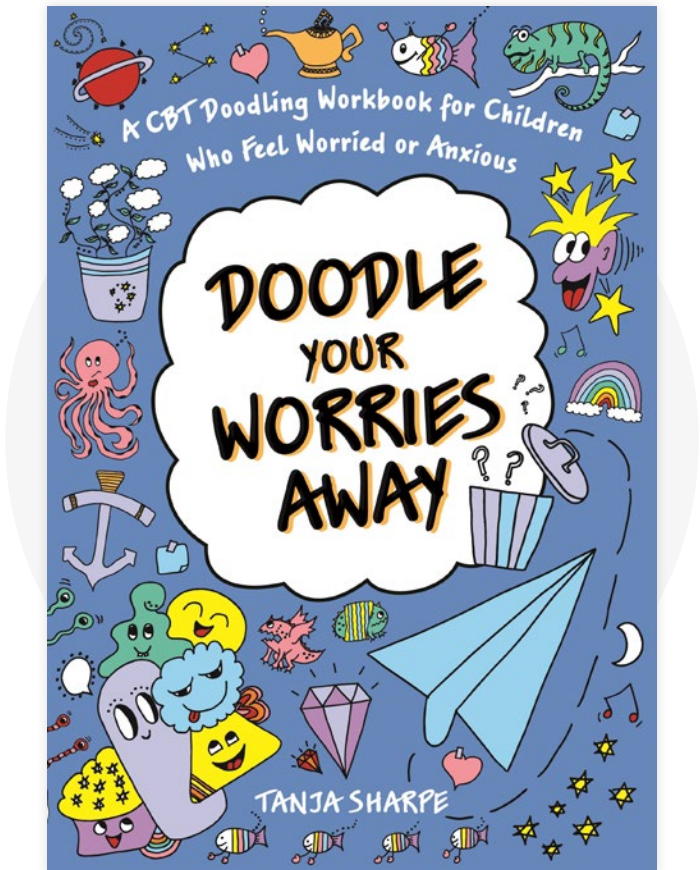
What if I don't like it? What if I'm not good at it? What if I want to go home?'

First time jitters are normal, but when they turn into tears and outright refusal to go new places or try new things, the world shrinks in problematic ways.

*Facing Mighty Fears About Trying New Things* teaches children to manage uncertainty about new experiences. Fun Facts, First Time Acts, and illustrations featuring diverse children engage them whilst encouraging a gradual increase in bravery. A note to parents and caregivers, along with a supplemental Resource Page, makes this the perfect guide for families and mental health counselors.

This book is part of the *Dr Dawn's Mini Books About Mighty Fears* series, designed to help kids aged 6–10 to tackle their fears and live happier lives!





SEP 2021 | 128PP | ISBN-9781787757905 | 51 B&W ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Tanja Sharpe** is an integrative counsellor, therapeutic coach and creative therapist, specialising in CBT and mindfulness. She leads creative therapy workshops and training courses and is the founder of both Creative Counsellors and Confident Hearts. She is based in Chester, UK.

# Doodle Your Worries Away

## A CBT Doodling Workbook for Children Who Feel Worried or Anxious

*Tanja Sharpe*

- The author's first book, CBT Doodling for Kids (9781785925375), has sold 2,515 copies since 2018, with sales increasing year-on-year.
- Designed to allow flexibility in the approach to the tasks – children can work independently or alongside parents, carers or professionals.
- Takes an integrative approach, drawing on recognised models of CBT and mindfulness.

This workbook draws on CBT and creative therapy methods to help children aged 8+ understand their worry and anxiety.

Featuring 50 fun and engaging doodling activities, this book allows young people to tune into their worries and their sources, using creativity to process anxiety, and building confidence to find their own solutions. This exploration can be independently led by the child themselves or with guidance from a parent or professional.

Drawn from over 15 years of experience of supporting young people with anxiety, this workbook takes an integrative approach and is a valuable resource for anyone looking to support a child experiencing worry.





JUN 2021 | 48PP | ISBN-9781787755185 | FULLY ILLUSTRATED

WORLD RIGHTS AVAILABLE

**Jessica Sinarski**, LPCMH is a dynamic presenter, bilingual author, and clinical supervisor. She equips parents and professionals to be healers for hurting children, igniting both passion and know-how in audiences. She has also been a Certified Adoption Therapist since 2008.

## Riley the Brave Makes it to School

A Story with Tips and Tricks for Tough Transitions

*Jessica Sinarski*

*Illustrated by Zachary Kline*

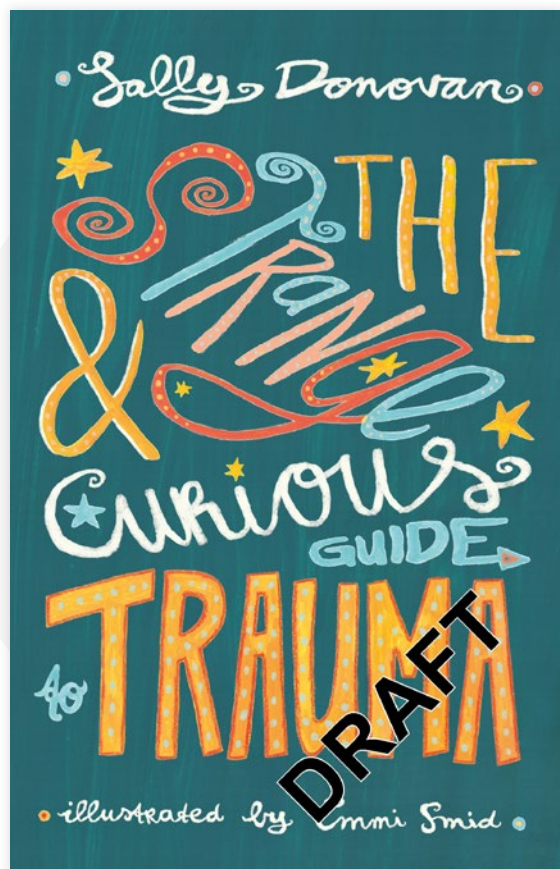
- A common issue for families: school anxiety and refusal affect 25 percent of children, and often occurs between the ages of 5 to 6 (Psychology Today)
- A story which will help: explores the problems that lie behind school refusal – anxiety, fear, stomach aches – and offers advice and tips in a child- and parent-friendly way, backed by clinical expertise
- Expert advice: Author Jessica Sinarski is a counselor and Certified Adoption Therapist.
- Representation matters: Bright, positive central character and gender neutral adults provide relatable content for diverse families
- Riley the Brave series The second book in the author's series of therapeutic books for 3–7-year-olds featuring Riley the Brave, the little cub with big feelings

"I'm NOT going to school today!"

Riley the Brave is a little bear with big feelings. Some days he wakes up feeling cheerful and ready to brave the day. He has energy to get dressed, eat breakfast and have some fun!

But some days he wakes up feeling like a grumpy porcupine. His brow is scrunched and he thinks that it is going to be a terrible day. Today, Riley is having one of those days! What can be done to help him?

All children struggle to make it to school some days, and this can be even tougher for children who have had difficult life experiences and extra challenges at school. This book creates a safe space for conversations about big thoughts and feelings, and offers positive tips for families to try. It also features an educational afterword for grown-ups which explains how the book helps children, and how to get the most out of it.



MAR 2022 | 112PP | ISBN-9781787757479 | 43 BLACK AND WHITE ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Sally Donovan** OBE, is an award-winning writer and adoptive parent. Her bestselling books include *No Matter What: An Adoptive Family's Story of Love, Hope and Healing* and *The Unofficial Guide to Adoptive Parenting*. She is also author of *Billy Bramble* and *the Great Big Cook Off*, a story for children of 8–13 who struggle with their feelings.

**Emmi Smid** is a children's book author and illustrator from the Netherlands and a former resident of Brighton UK. Her books include *Luna's Red Hat* and *Rainbow Village*.

## The Strange and Curious Guide to Trauma

*Sally Donovan*

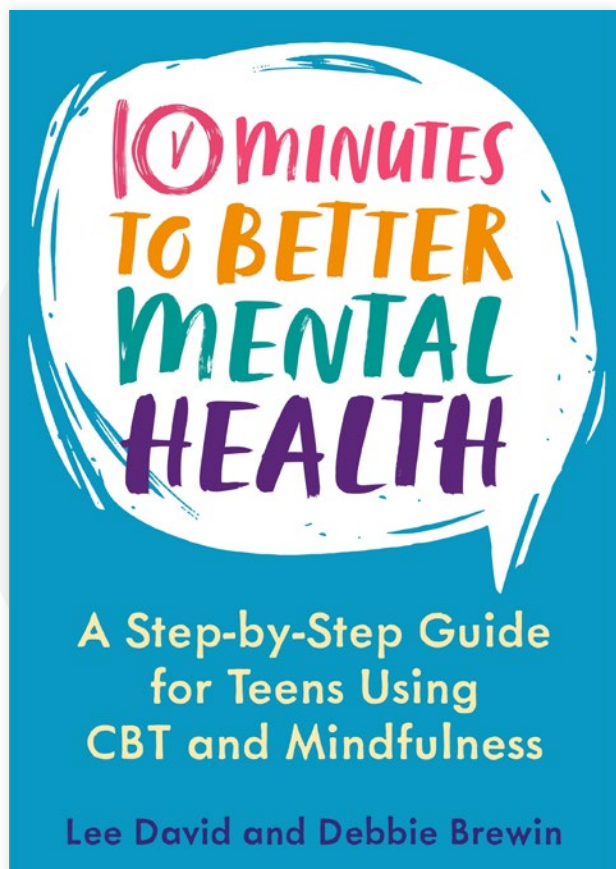
*Illustrated by Emmi Smid*

- Sadly, trauma is a huge child mental health issue -1 in 5 children have experienced severe maltreatment (NSPCC). There are now 78,150 children in care in England and Wales – a 20% increase from 10 years previous.
- Strange and curious format – a fun, irreverent, child-friendly approach to a really challenging subject – perfect for reluctant readers and children who'd be resistant to boring conventional self-help books
- Bestselling author with a platform – Sally Donovan OBE is an award-winning writer and adoptive parent who was honoured for her work in the adoption field. Her honest, funny, insightful books are much loved by parents of traumatized children (*No Matter What*, 9781849054317; *The Unofficial Guide to Adoptive Parenting* 9781849055369) and she is active on social media (@sallydwrites).
- 'What we learnt about trauma' summary is included at the back of the book for quick refreshers and to guide conversations about trauma

Our book about trauma features buzzy bees stuck in your tummy, yes, and also science and superheroes, carrots and lambs, lollies and, unfortunately for me, baboons...

Join Ordinary Joe, some people, Courtney Cortisol, Amy Amygdala and friends to be guided through the curious world of trauma. This fully illustrated guide for children aged 8–12 features an array of quirky characters and facts about trauma woven into a therapeutic story. Learn why some carrots grow perfect and straight, others wonky and wobbly – and why that's ok! Find out all the clever ways our strange and curious bodies keep us safe all the time, and what the different nutty parts of our brain do for us when we are afraid! Discover all this and more to understand your own experiences, body, and even friends better too.

Let knowledge and kindness become your superpower by learning all the strange and curious things about Trauma!



MAR 2022 | 208PP | ISBN-9781787755567 | 39 B&W ICONS AND ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Lee David** is a GP and CBT therapist and the author of *Managing Anxiety Disorders in Primary Care*. She is the founder and director of the organisation 10 Minute CBT, which provides education and training for health professionals working in adult and adolescent mental health. She has authored multiple books surrounding CBT and regularly gives conference presentations and workshops providing training for practitioners.

**Debbie Brewin** is a CBT therapist, trainer, supervisor and occupational therapist with a special interest in personal growth and confidence in young people. She has developed courses for an employment support charity and has written several therapist manuals for behaviour change research programmes focussed on mental health and physical activity. Debbie has trained GPs and health professionals in the UK, Norway and Iceland and continues to work freelance.

## 10 Minutes to Better Mental Health

**A Step-by-Step Guide for Teens Using CBT and Mindfulness**

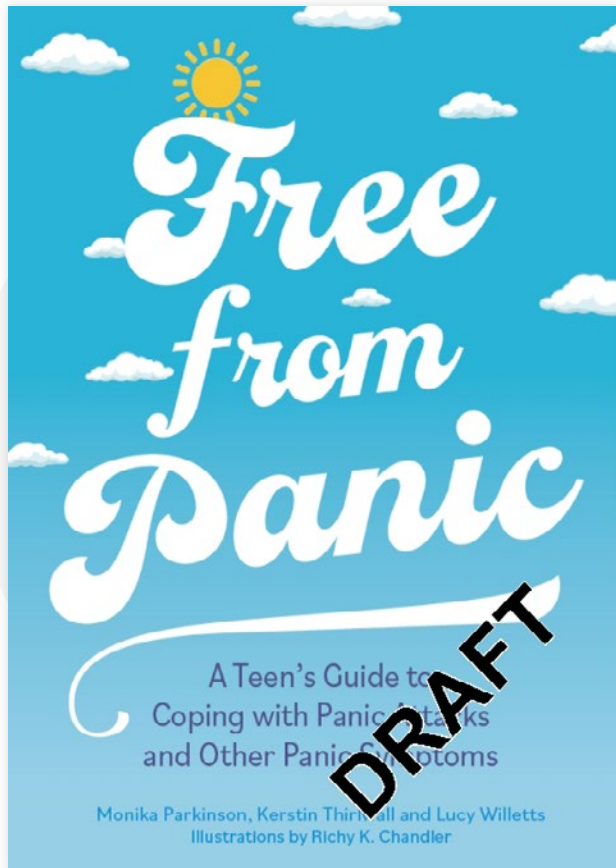
*Lee David and Debbie Brewin*

*Illustrated by Rebecca Price*

- Bitesize '10 minute' approach is ideal for short attention spans and anyone struggling with concentration and motivation.
- 3 teens in every classroom have a diagnosed mental health disorder
- Authors will promote the book through their own professional channels with a mailing list of over 2000 health professionals
- Includes video and audio clips for enhanced experiences and exercises can be re-done as needed

What can you really do in 10 minutes? You can make a cup of tea or coffee, walk about 0.6 miles and now, with this book, you can improve your mental health.

No matter how busy or stressful your day, with 10-minute steps and quick exercises, you can better understand your experiences and learn how to survive setbacks. The book covers everything from dealing with worry and anxiety and building your confidence, to creating healthy life habits and positive relationships. It includes sections to read, questions to reflect on, video clips to watch and things to try out in your everyday life. Using evidence-based approaches like CBT and mindfulness, it will help you to get the best out of life and become the person you want to be.



MAR 2022 | 112PP | ISBN-9781787758186 | 9 B&W CARTOONS

WORLD RIGHTS AVAILABLE

**Dr Monika Parkinson** is a clinical psychologist and Research Fellow at the University of Reading. She is co-author of *Am I Depressed and What Can I Do About It?*, *Teenage Depression – A CBT Guide for Parents and Parent-led CBT for Child Anxiety*.

**Dr Kerstin Thirlwall** is a clinical psychologist working in private practice. She is co-author of *Parent-led CBT for Child Anxiety*.

**Dr Lucy Willetts** is a clinical psychologist working in private practice. She is co-author of *Can I Tell You About Anxiety?*, *Overcoming Your Child's Fears and Worries* and *Parent-led CBT for Child Anxiety* ([www.lucywilletts.co.uk](http://www.lucywilletts.co.uk)).

## Free from Panic

**A Teen's Guide to Coping with Panic Attacks and Other Panic Symptoms**

*Monika Parkinson, Kerstin Thirlwall and Lucy Willetts. Illustrations by Richy K. Chandler.*

*Illustrated by Richy K. Chandler*

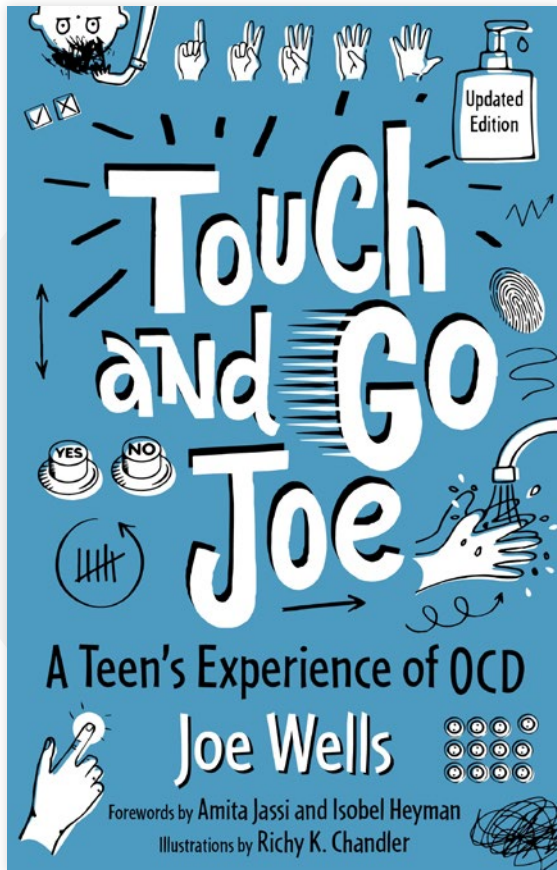
- Includes an integrated therapeutic approach (combining CBT, ACT and CFT) as well as psychoeducation.
- Many people experience panic symptoms; 1.7% of UK population have been diagnosed with a panic disorder.
- Relevant to those who haven't yet accessed professional treatment, as well as a useful accompaniment to therapy sessions.

Panic symptoms and panic attacks can feel overwhelming and frightening. This book guides teens through the isolation and worry of living with panic symptoms or panic disorder.

Through interactive exercises, this book shows that the key to unlocking freedom from panic is learning to understand our feelings, fears and bodies. Demonstrating that panic is a natural emotion that many people experience, it provides useful strategies drawn from a range of approaches including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Compassion-Focused Therapy (CFT) to help teens to get on top of their fears and panic.

Co-written by respected clinicians in the field, the strategies in this book are tried and tested in helping teens and young people in their journey through panic.





JUL 2021 | 160PP | ISBN-9781787757776 | 20 B&W CARTOONS

**RIGHTS SOLD: KOREAN, DUTCH**

**Joe Wells** grew up in Waterlooville in Hampshire. As a child and young teenager, he struggled with Obsessive Compulsive Disorder (OCD). He received effective CBT therapy as a teenager which helped him to overcome the OCD. He now works as a stand-up comedian and writer. Joe lives in Portsmouth with his wife Danika and their two guinea pigs.

# Touch and Go Joe, Updated Edition

## A Teen's Experience of OCD

*Joe Wells*

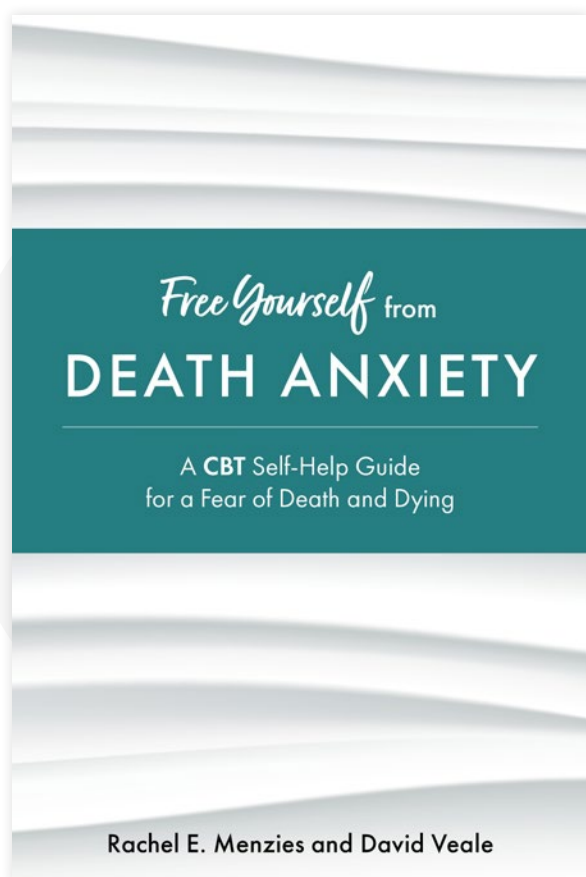
*Forewords by Amita Jassi and Isobel Heyman*

*Illustrated by Richy K. Chandler*

- First-hand experience of an adolescent with OCD.
- First edition has sold over 10,000 copies.
- Selected for the Reading Agency's Books on Prescription Scheme.
- Includes updated references and resources as well as an additional chapter on a personal update from the author 16 years on.
- Filled with coping mechanisms, advice, and treatment options.

In this down-to-earth, fun and empowering book, Joe Wells talks about his teenage experience of OCD and all the coping mechanisms and treatment options that have worked for him. It's packed full of brilliant, honest advice for others struggling with this disorder, written by someone who understands what it's like to be a teen with OCD. This updated edition with all-new illustrations includes a brand-new chapter written 16 years later, detailing how Joe overcame his disorder and is now a successful comedian.





MAR 2022 | 224PP | ISBN-9781787758148 | 10 B&W DIAGRAMS AND PHOTOS

WORLD RIGHTS AVAILABLE

**David Veale** is a Consultant Psychiatrist in Cognitive Behavioural Therapy at the Maudsley and the Nightingale Hospital, London and a Visiting Professor in CBT at the Institute of Psychiatry, Psychology and Neuroscience at King's College London. He is recognised as an international expert on emetophobia and is the author of several books on the topic of health anxiety, OCD, BDD and depression.

**Rachel E. Menzies** is a Clinical Psychologist and Postdoctoral Research Fellow at The University of Sydney, Australia. She won the Dick Thompson Thesis Prize for her work on death anxiety and its relationship with OCD. Her article on death anxiety was featured in The Conversation Yearbook 2016, a collection of the top 1% of 'standout articles from Australia's top thinkers'. She has delivered workshops on treating death anxiety across 7 cities, hosted by the Australian Association for Cognitive and Behaviour Therapy (AACBT).

## Free Yourself from Death Anxiety

A CBT Self-Help Guide for a Fear of Death and Dying

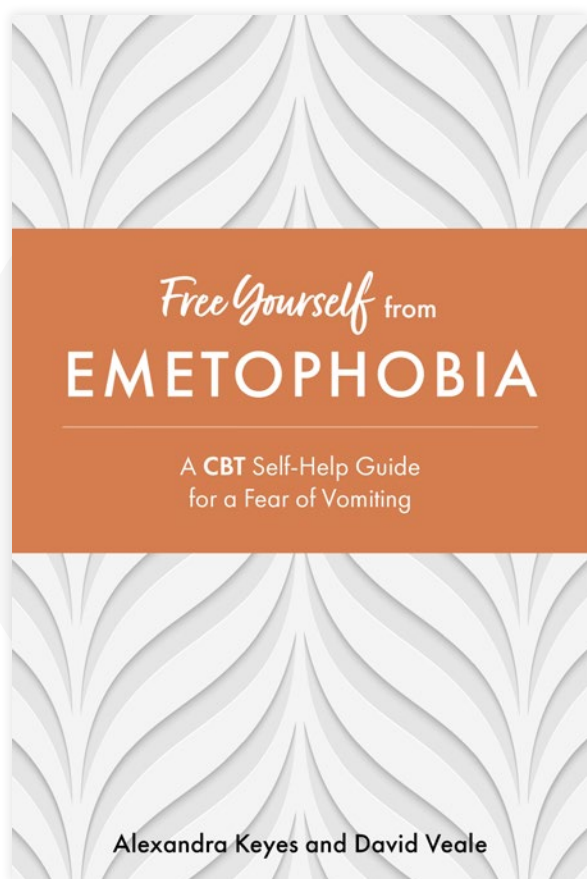
*Rachel E. Menzies and David Veale*

- Increasing evidence suggests that fears of death underlie many mental health problems, which 1 in 4 people will experience a year
- First self-help book dedicated to helping with death anxiety
- There is increasing emphasis in society on coming to terms with death and talking about death openly (e.g. Death Cafes and death doulas)
- Authors are experts in the area and frequently speak on death anxiety at conferences and events

Death anxiety can underlie many different mental health diagnoses at all stages of life, including depressive disorders, panic disorder, health anxiety, specific phobias, OCD, agoraphobia and more. This self-help guide will help you to better understand your fear of death and give you the tools to overcome it.

Using proven cognitive behavioural therapy (CBT) techniques, including exposure and response prevention (ERP), this book will help you to:

- Understand death anxiety and how it develops
- Undertake specific evidence-based steps to develop alternative ways of thinking about death
- Conduct exposure exercises to act against your fears
- Reduce your anxiety so that you can live life to the fullest.



SEP 2021 | 192PP | ISBN-9781787753310 | 5 B&W DIAGRAMS

WORLD RIGHTS AVAILABLE

**Alexandra Keyes** is a Clinical Psychologist and Cognitive Behavioural Psychotherapist at South London and Maudsley NHS Foundation Trust (SLaM). She currently works at a national residential unit for severe and enduring anxiety disorders, including emetophobia. She has conducted research into Cognitive Behavioural Therapy for emetophobia, and published articles on emetophobia and its treatment.

**David Veale** is a Consultant Psychiatrist in Cognitive Behavioural Therapy at SLaM and the Nightingale Hospital, London and a Visiting Professor in CBT at the Institute of Psychiatry, Psychology and Neuroscience at King's College London. He is recognised as an international expert on emetophobia and is the author of several books on the topic of health anxiety, OCD, BDD and depression.

# Free Yourself from Emetophobia

**A CBT Self-Help Guide for a Fear of Vomiting**

*Alexandra Keyes and David Veale*

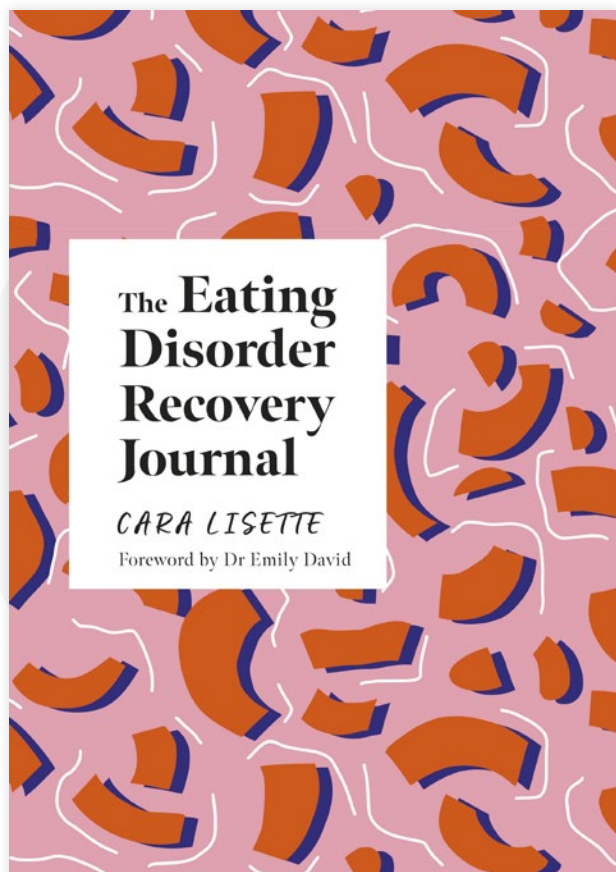
- A fear of vomiting affects an estimated 1.7–3.1% of males and 6–7% of females, yet remains widely under-diagnosed.
- Previously unexplored topic – significant lack of literature on emetophobia, making this a timely and much-needed resource.
- Authors are based at the renowned Maudsley Hospital and are recognised experts on emetophobia.

Emetophobia can have a huge impact on daily life, from avoiding certain foods and alcohol to worrying about travel, pregnancy, hygiene and caring for loved ones when they are ill. This self-help guide will help you to better understand emetophobia and give you the tools to overcome it.

Using proven cognitive behavioural therapy (CBT) including exposure and response prevention (ERP) techniques, this book will support you to:

- Understand what emetophobia is and what keeps it going
- Identify your problems and goals
- Set out a step-by-step plan to challenge and defeat your emetophobia
- Overcome common challenges and setbacks.

The book also includes guidance on medical treatment and advice for friends, partners and family of adults and young people with emetophobia.



APR 2022 | 144PP | ISBN-9781839970856 | B&W COLOURING  
PAGES AND ILLUSTRATIONS  
**WORLD RIGHTS AVAILABLE**

**Cara Lisette** is a mental health blogger ([www.caras-corner.com](http://www.caras-corner.com)) and campaigner, a registered mental health nurse and a trainee CBT therapist. She has many years' experience of living with and recovery from an eating disorder. @CaraLisette

## The Eating Disorder Recovery Journal

**Cara Lisette**

*Foreword by Dr Emily David*

*Illustrated by Victoria Barron*

- Author with a platform: Cara Lisette has lived experience of an eating disorder and 28k dedicated followers on Twitter (@CaraLisette) and over 270k views on her mental health blog ([www.caras-corner.com](http://www.caras-corner.com)).
- Book is not aimed at one specific eating disorder and can be used by anyone with disordered eating behaviours.
- An estimated 1.25 million people in the UK live with an eating disorder

The Eating Disorder Recovery Journal is designed to help you to understand your eating disorder better and to support you in your recovery journey. It is packed full of activities, such as writing prompts, colouring pages and crafting ideas, as well as motivational quotes and positive affirmations to help keep you on track. Drawing on evidence-based techniques including CBT and mindfulness, it brings together creative activities and approaches that have helped author Cara Lisette to challenge her eating disorder, stay motivated, improve body image and prevent relapses.

This journal is yours to be as free and creative with as you wish. It is designed for anybody struggling with an eating disorder who wants to start their recovery journey and reclaim their freedom and future.

COVER  
COMING  
SOON

APR 2022 | 192PP | ISBN-9781839972676

WORLD RIGHTS AVAILABLE

**Pooky Knightsmith** has a PhD in child mental health from the Institute of Psychiatry, is the author of six books and is the current vice chair of the Children and Young People's Mental Health Coalition. She has a YouTube channel which is a source of Continuing Professional Development for many educators in the UK and beyond.

## The Healthy Coping Guide to Life

**Things I got Wrong So You Don't Have to**

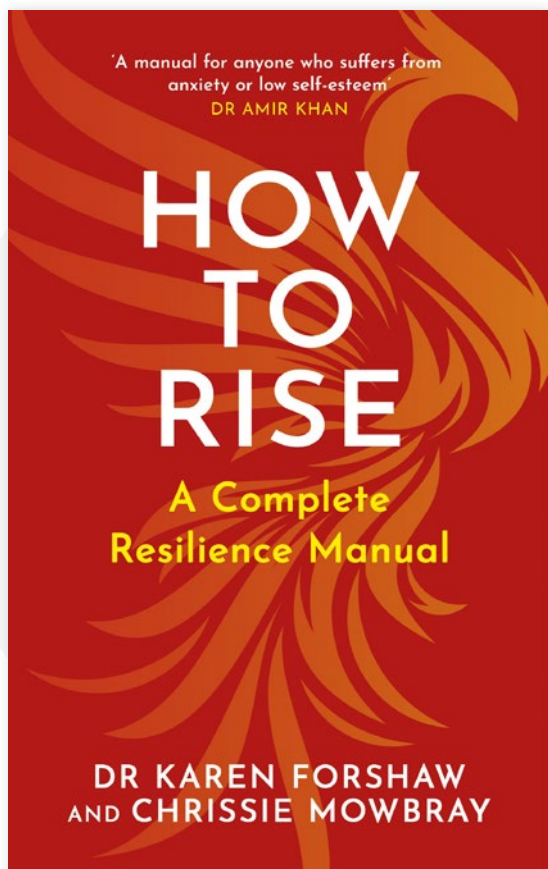
*Pooky Knightsmith*

- Author has a huge network both professionally and on social media.
- Author is an internationally recognised name in the mental health world.

An internationally respected campaigner, Pooky Knightsmith has worked tirelessly to promote good child and adolescent mental health. Her knowledge, ideas and advice come not just from years of research and study, but from hard earned experience with PTSD, anorexia, self-harm and depression.

Part mental health guide, part memoir this book is full of life lessons learned from everyday experiences, small victories, and traumatic events. Pooky shares tips on how to avoid burn-out, how a small act of self-care can make a big difference, steps you can take to live with anxiety and how to nurture key friendships and relationships amongst many, many others. Each lesson ends with space for the reader to reflect, and exercises to help take the first steps to incorporating these lessons into on their own lives.

Unflinching and utterly authentic, Pooky shares the things she got wrong so that you don't have to.



JUN 2021 | 256PP | ISBN-9781529370119

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Dr Karen Forshaw** is a General Practitioner and **Chrissie Mowbray** is a Physiotherapist, Hypnotherapist and Psychotherapist with NLP and CBT training. They have over 45 years' clinical experience between them. They have trained hundreds of healthcare professionals to be more resilient through RC GP and other NHS workshops. They are listed as a mental health resource on several NHS websites.

## How to Rise

### A Complete Resilience Manual

*Dr Karen Forshaw and Chrissie Mowbray*

- Written by two highly experienced healthcare professionals with excellent contacts both professionally and in the wider media
- A genuinely unique approach to managing and building resilience that blends eastern and western approaches, and offers the readers personalised analysis and tailored programs
- Authors are currently delivering a series of resilience workshops to GPs and community resilience courses for the general public.

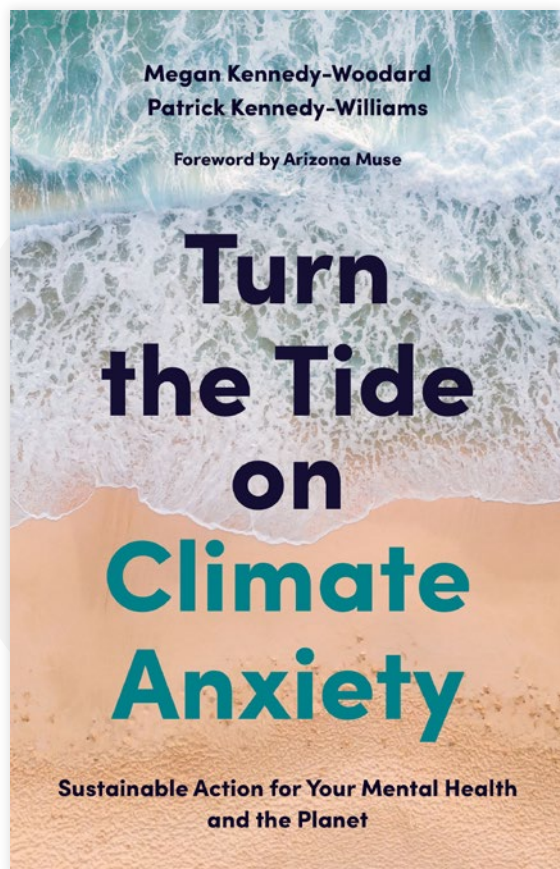
We all fall over. It's knowing how to rise that matters.

Created by healthcare experts with over 45 years' clinical experience between them, *How to Rise* draws on both spiritual and psychological wisdom to create a Resilience Toolkit which tackles even the most difficult of circumstances.

Outlining what a Resilient Mindset looks like, and drawing on years of experience working with some of the most stressed and anxious people in the healthcare industry, Karen Forshaw and Chrissie Mowbray have created a highly effective and potent blend of western therapies and eastern philosophy. Using their unique 'Resilience Gap Analysis Tool', you'll find out how to identify the weak spots in your armour before taking practical action to address areas of need and build your resilience with over 60 'tools' cross-referenced to your personalised Gap Analysis.

With dozens of mindfulness, visualisation and other practical exercises all carefully curated to help you build a better mindset, *How to Rise* is a unique blend of holism and practical techniques with proven outcome. Tried and tested on hundreds of stressed NHS professionals, this is an essential read for anyone struggling with issues related to stress, self-esteem, anxiety or insecurity.





JAN 2022 | 208PP | ISBN-9781839970672 | 5 B&W

WORLD RIGHTS AVAILABLE

**Megan Kennedy-Woodard and Dr Patrick Kennedy-Williams** are founders of Climate Psychologists, which provides individual therapeutic support and wider consultation regarding the mental health implications of climate change. They have done press work with The Guardian, Time Magazine, Vogue Business, ITV, BBC Radio 4, and The Times. They also teach Guardian Masterclasses. Patrick is a clinical psychologist and enjoys getting out into nature, Tottenham Hotspur Football Club (sometimes), Italian food and cycling. Megan is a coaching psychologist who loves the mountains and the sea, could eat Mexican food for every meal and believes there is no such thing as 'too many pets'. Megan and Patrick live in Oxford with their two wild and wonderful children.

## Turn the Tide on Climate Anxiety

**Sustainable Action for Your Mental Health and the Planet**

*Megan Kennedy-Woodard and Dr. Patrick Kennedy-Williams*

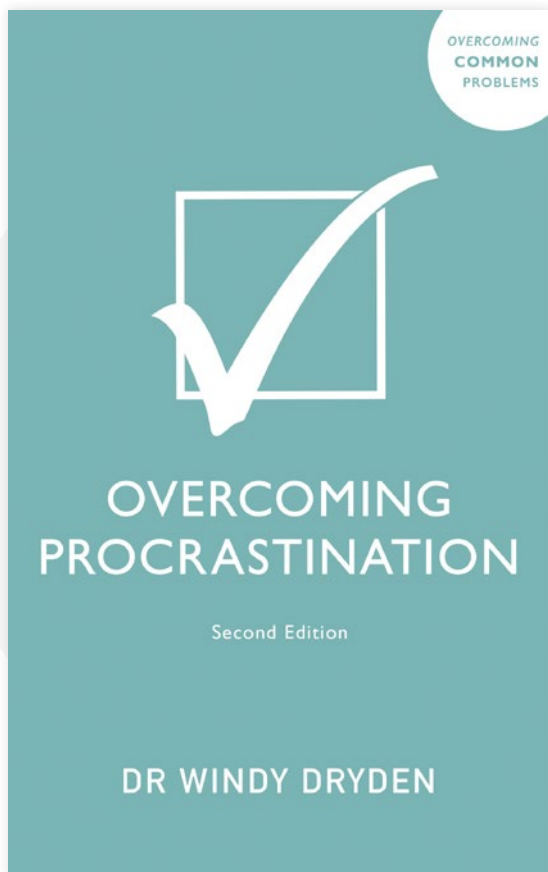
*Foreword by Arizona Muse – Founder and Trustee of Dirt Foundation for the Regeneration of Earth*

- This is an area of growing interest and urgency – 34% of the British public reported feeling anxious because of the environmental emergency.
- Authors are qualified psychologists with clinical experience of supporting people with eco-anxiety.
- Authors have media experience, including appearing on BBC Radio Oxford and ITV's This Morning.
- This book takes a practical and interactive style with activities and workbook-style exercises.
- Will be of interest to professional groups, including the Climate Psychology Alliance, XR Psychologists and Psychologists4Future.

It's hard to watch the news, scroll through social media, or listen to the radio without hearing or seeing something disturbing about the climate emergency. This can trigger all sorts of emotions: worry, anger, sadness, guilt, and even grief but also often over-looked positive emotions like motivation, connection, care, and abundance that support mental health and climate action for sustainable longevity.

Written by psychologists with extensive experience in treating people with eco-anxiety, this book shows you how to harness these emotions, validate them, and transform them into positive action. It enables you to assess and understand your psychological responses to the climate crisis and move away from unhealthy defence mechanisms, such as denial and avoidance.

Ultimately, it shows that the solution to both climate anxiety and the climate crisis is the same – action that is sustainable for you and for the planet – and empowers you to take steps towards this.



OCT 2021 | 128PP | ISBN-9781529375374

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Windy Dryden** is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT. He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel. He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University of London

## Overcoming Procrastination

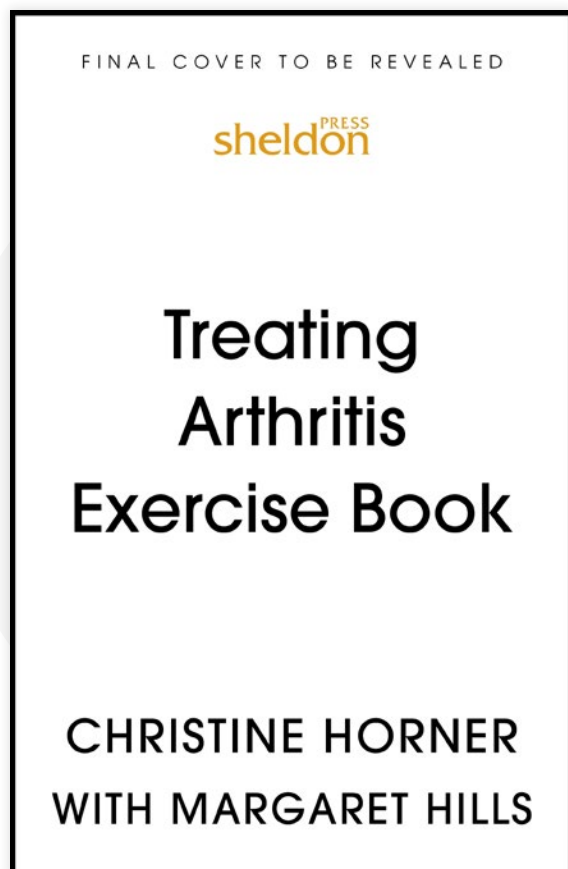
*Windy Dryden*

- Updated to reflect changes in therapeutic approaches, including CBT and mindfulness
- Positive psychology continues to be a popular self-help theme

Procrastinating, putting things off, delaying and obstructing progress – do these sound familiar to you?

They are all patterns of destructive or obstructive behaviour in a pressured world where progress is measured by results.

Overcoming Procrastination, updated and modernized for 2021, demonstrates that change can only occur when we have a better understanding of our own emotions and motivations. It uses proven therapeutic techniques that centre around finding strategies for developing potential, and unlocking the door to a more effective and enriched life.



APR 2022 | 128PP | ISBN-9781529375497

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

The late **Margaret Hills**, SRN, trained at St Stephen's Hospital, London. She developed osteoarthritis and rheumatoid arthritis as a young woman, but went on to finish her nurse's training, marry, have eight children and pursue a long career as an industrial nurse. She developed her own method of natural treatment for arthritis, clearing all her symptoms and subsequently opened her Clinic in the early 1980s by public demand. Many thousands of people worldwide contacted her for advice on how to alleviate their symptoms of arthritis.

**Christine Horner**, ECNP, is a Nutritional Medicine practitioner and, having gained valuable experience working alongside Margaret for many years, was able to continue the work of the Clinic on her mother's retirement. Her constant research for safe ways to overcome the debilitating pain her patients are suffering has led her to adding photobiomodulation using coherent cold laser light, and adaptive electrotherapy, InterX, Scenar and Cosmodic, to help improve tissue repair, and regain health and mobility.

## Treating Arthritis Exercise Book

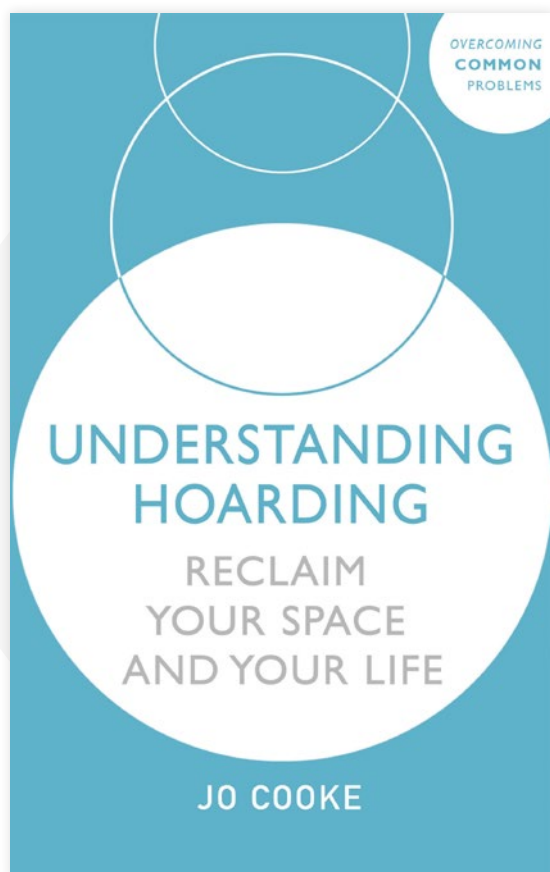
*Christine Horner, with Margaret Hills*

- Companion title to the bestselling Treating Arthritis: The Drug-free Way
- Fully updated for a new audience, with hundreds of new exercises
- Suitable for all ages and levels of fitness

MOVE BETTER, FEEL BETTER – TREATING ARTHRITIS THE NATURAL WAY

Hundreds of thousands of people with arthritis have been helped by the Margaret Hills Clinic and by Margaret's bestselling books, Treating Arthritis: The Drug Free Way and The Treating Arthritis Diet Book. This companion title, completely updated with new exercises, routines and the latest insights into arthritis and joint function, offers a full program to help restore mobility and flexibility for those who are struggling with pain or discomfort.

Embracing the simple principles that make the Margaret Hills drug-free protocol so effective, this book will give stepped and manageable exercises that work to improve fitness and function in anyone experiencing inflammation or pain. You don't need to be fit, athletic or flexible to derive benefits from this book, no special equipment is necessary, and you can commit as little (or as much) time as fits your routine. Used in conjunction with the diet and lifestyle management from the companion titles above, you can significantly improve not only your physical condition but also your mental and emotional wellbeing.



MAY 2021 | 144PP | ISBN-9781529375565

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Jo Cooke** is director of Hoarding Disorders UK and an accredited member of the Association of Professional Declutterers and Organisers (APDO). Her previous career included working for various charities and the Civil Service.

## Understanding Hoarding

**Reclaim your space and your life**

*Jo Cooke*

- Written by the founder of one of the UK's leading support groups, with extensive experience
- Number of people with a hoarding problem is increasing, and it is now classified as a medical condition
- The 2020–21 lockdown is thought to have greatly exacerbated existing hoarding problems, in addition to creating further.

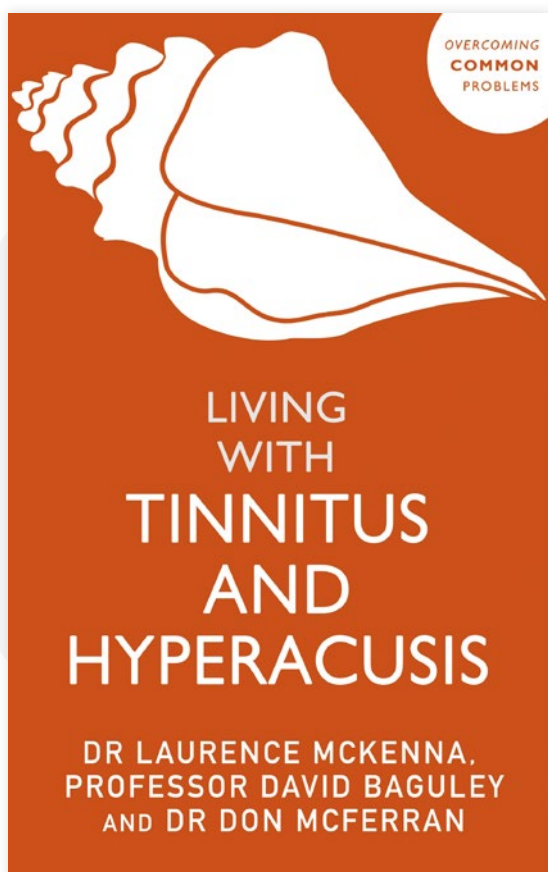
If you are living with, are close to, or are yourself someone who is hoarding, you'll know that the disorder goes far deeper than most people realise, affecting the whole family and presenting huge challenges to the physical, mental, emotional and even financial wellbeing of anyone involved.

Jo Cooke is Director of one of the UK's leading support services for people affected by hoarding and clutter, and has written this sensitive and empathetic book to help anyone experiencing hoarding difficulties. She gives insight into Hoarding Disorder – explaining what it is and, importantly, what it isn't – and what may trigger hoarding. There are strategies for how to assess the scale of situation and lay the groundwork to address it, and insights into who can help and how they can do it.

An 8 step-plan gives practical steps to tackle the hoarding, supported by suggestions for what to do with the 'stuff', and advice on safeguarding – as well as techniques to support the hoarder as they attempt to stay clutter-free. There is space in the book for individuals and their own stories of hoarding, giving an empowering voice to people affected by the condition, and replacing the morbid curiosity that often accompanies it.

With plenty of information on resources and therapies that can help, this is a warm and hugely practical guide that can only help anyone affected in any way by hoarding.





SEP 2021 | 224PP | ISBN-9781529375350

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Laurence McKenna** has worked as a clinical psychologist at the Royal National Throat Nose & Ear Hospital for the past 27 years. He is head of the team of psychologists working in the Adult Audiological Medicine Department treating patients with tinnitus and other audiovestibular disorders. David Baguley is Director of Audiology at Cambridge University Hospitals, UK. David's clinical and research interests focus on tinnitus, with the aim of understanding this symptom and designing novel and innovative interventions. Don McFerran is a consultant ear, nose and throat surgeon. He has worked as an ENT surgeon since 1983 and has a specific interest in tinnitus.

## Living with Tinnitus and Hyperacusis

### New Edition

*David Baguley, Don J. McFerran, and Laurence McKenna*

- Approved and supported by the British Tinnitus Society
- The most authoritative, expert and clinically up-to-date book available on the topic
- Covers related topics like anxiety, CBT, neurodiversity and misophonia

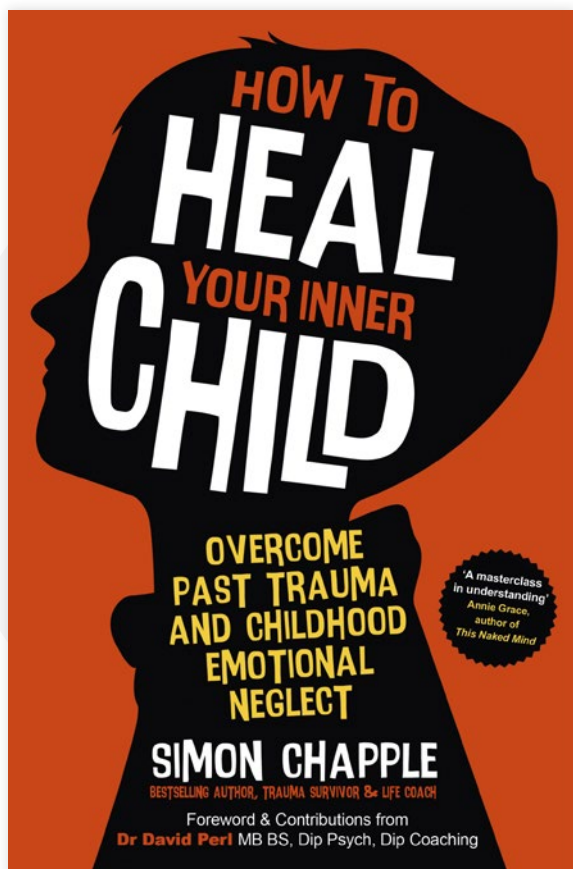
This book offers real hope' David Stockdale, CEO, British Tinnitus Association

Tinnitus can be a difficult and distressing condition to manage, and many people with tinnitus are currently left to fend for themselves.

Misophonia is an increasingly recognized, and equally distressing, condition which is likewise often overlooked by the medical profession, despite the acute anxiety it generates in those experiencing it.

However, prospects for recovery have never been better, based on recent advances in psychology, auditory neuroscience and medicine. Because tinnitus, hyperacusis and misophonia present very differently and idiosyncratically from individual to individual, self-help techniques can often be effective in minimizing the distress caused by these disorders, which can range from lack of sleep and irritability, to loss of concentration and confidence.

The latest edition of *Living with Tinnitus and Hyperacusis* looks at strategies for living with tinnitus, hyperacusis and misophonia, and includes a complete programme for recovery. It features the latest research from the fields of psychology, neuroscience and medicine to offer a full overview of the causes, impact, and most effective treatments available. It has practical advice on relaxation and sound therapy as well as insights into relieving the stress of auditory conditions.



DEC 2021 | 240PP | ISBN-9781529383638

RIGHTS SOLD: CHINESE (SIMPLIFIED)

**Simon Chapple** is an author, speaker and coach. For over two decades he was the classic example of a heavy daily 'at home' drinker. Enduring daily hangovers, engaging in regretful behaviour, suffering from anxiety and lacking energy and motivation as a result of his inability to stop drinking.

When Simon managed to quit alcohol, joy flowed back into his life for the first time since he was a child. It became his mission to raise awareness about the dangers of alcohol and to spread the word about the huge benefits that an alcohol-free life can bring. You can read about his experience and discover how he became sober in the books *The Sober Survival Guide* and *How to Quit Alcohol in 50 Days*.

As he explored the roots of his addiction, Simon realised that his childhood trauma and emotional neglect had impacted him as an adult, and set about overcoming it. His experience of change was so powerful, he has chosen to share what he learned in his book *How to Heal Your Inner Child*.

## How to Heal Your Inner Child

Overcome Past Trauma and Childhood Emotional Neglect

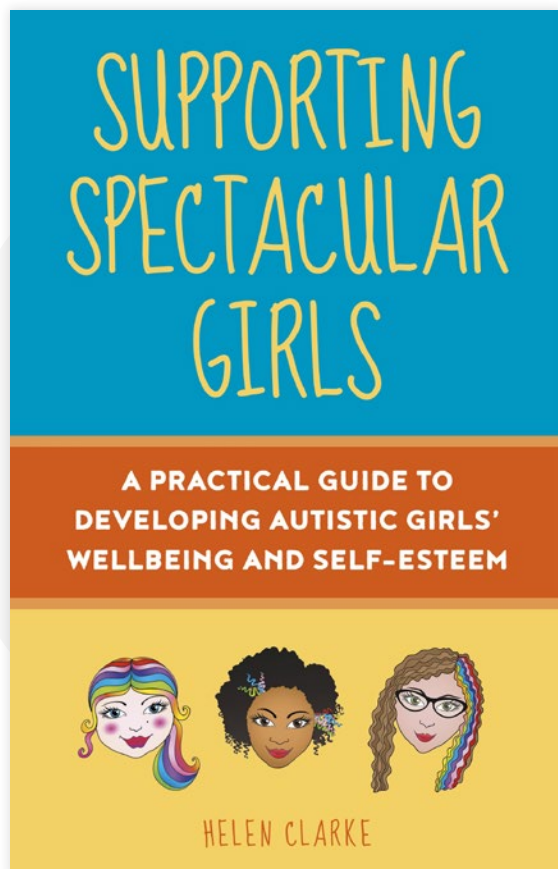
*Simon Chapple*

- Strong sales for author's previous title, *How to Quit Alcohol in 50 Days*
- Strong author platform – active Facebook community with 12k+ members, growing on all other platforms
- Author is an expert in digital and social media marketing and SEO

A masterclass in understanding' ANNIE GRACE, author of *This Naked Mind*

An emotionally neglected child may struggle to form strong and secure attachments as an adult. They may feel hollow or empty, worthless (or overly important), judge themselves harshly and struggle with addictive tendencies – drinking, eating or exercising too much, for example. If this describes you, *Heal Your Inner Child* will change your life and give you back the love, compassion and authenticity you needed as a child, and deserve as an adult.

Fomer heavy drinker turned sobriety coach Simon Chapple is – like you – a survivor of childhood trauma. His unique brand of straight-talking, practical yet reflective and relatable advice has helped thousands of people quit drinking, and he can help you now to move on from childhood emotional neglect to a place of happiness free from past trauma. *How to Heal Your Inner Child* is a stepped and safe approach to confronting your past, with space for reflective and supportive strategies that will help you to foster self-compassion and break free from the destructive behaviours that have blighted your life. Clinically endorsed and verified by a psychotherapist, this deeply personal, unflinchingly honest exploration is designed to unlock your own epiphany and support you as you journey to a happier, less troubled and more authentic self.



OCT 2021 | 272PP | ISBN-9781787755482 | 10 B&W IMAGES

WORLD RIGHTS AVAILABLE

**Helen Clarke** worked as a teacher of autistic children for 20 years, and now runs her own autism consultancy (<https://helenclarkeautism.com>), providing autism training to schools and organisations. As an autistic woman herself, and with an autistic daughter, she is particularly passionate about supporting autistic girls to achieve good health and reach their academic potential. Helen is a public speaker and spoke at the recent NAS Women and Girls conference.

## Supporting Spectacular Girls

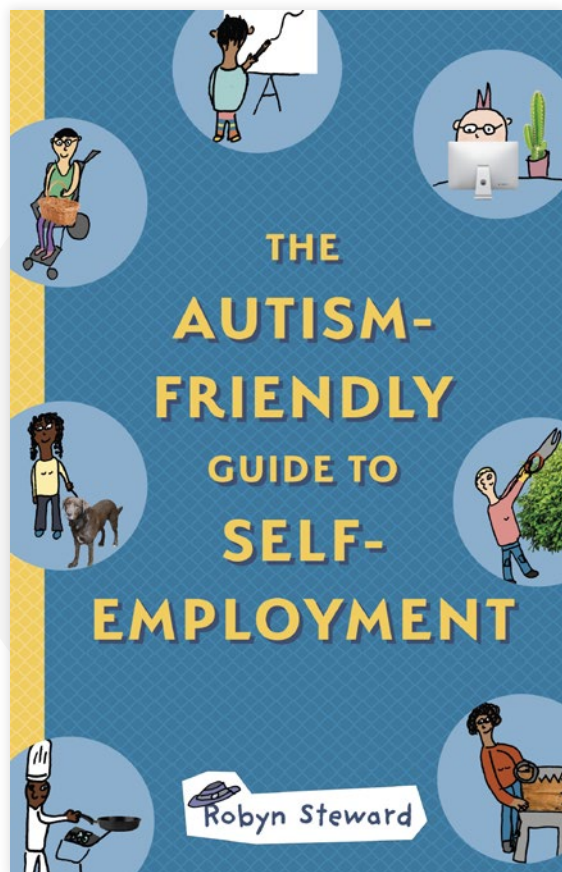
**A Practical Guide to Developing Autistic Girls' Wellbeing and Self-Esteem**

*Helen Clarke*

- Material is needed: 70% of autistic children are taught in mainstream schools but a large proportion of teachers do not feel sufficiently equipped to educate autistic pupils and often receive little training
- Hands-on resources: Chapters will be supplemented by resources for use with the girls themselves, including charts and activities
- Tried-and-tested method: based on a series of successful workshops run by the author (a teacher for over twenty years, is autistic herself and with an autistic daughter), and uses voices of autistic girls who have had success with this method throughout

Autistic girls can be frequently misunderstood, underestimated and therefore anxious in a school environment. This practical book offers an innovative life skills curriculum for autistic girls aged 11 to 15, based on the author's successful workshops and training, which show how to support girls' wellbeing and boost their self-esteem.

Including an adapted PSHE curriculum, this is a straightforward guide to educating autistic children on the issues that matter most to them. It covers all essential areas of wellbeing, including communication, identity, self-regulation and triggers, safety, and physical and mental health, and offers the reader strategies to help the autistic girls in their lives enhance and develop these.



JUL 2021 | 336PP | ISBN-9781787755338 | BLACK AND WHITE LINE DRAWINGS

WORLD RIGHTS AVAILABLE

**Robyn Steward** is an autistic woman with experience of mentoring others on the spectrum, and author of *The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum* (2013) and *The Autism-Friendly Guide to Periods* (2019). Robyn is successfully self-employed and is an NAS ambassador and regularly appears in TV and radio as a talking head. She is also co-host of the BBC Sounds podcast 1800 second on Autism.

## The Autism-Friendly Guide to Self-Employment

*Robyn Steward*

- Author is successfully self-employed.
- It features stories about successful self-employed autistic people throughout.
- Book covers welfare and benefit systems of UK, USA, Canada, Australia and New Zealand.

You can try self-employment!

Successfully self-employed autistic author Robyn Steward shares her keen insights about the valuable skills and unique visions self-employed autistic people bring to the job market. This book will teach you how to bring these strengths into the world of self-employment, so that you can follow your passions as part of the community.

Featuring first-hand accounts from self-employed autistic people in businesses ranging from arts and crafts to web developer and book shop owner, this book outlines the common challenges you may encounter and ways to overcome them. Based on a survey of over 100 self-employed autistic people all over the world and peer reviewed by experts, it covers everything you need to get started, from networking and marketing products to managing tax and business records and more. It also includes details about benefit systems, getting work and bookkeeping.

Written specifically for autistic people, people with learning/intellectual disabilities, and the people who support them, this book is the essential guide to starting your own business.



# Avoiding Anxiety in Autistic Adults

A Guide for Autistic Wellbeing



DR LUKE BEARDON

DEC 2021 | 144PP | ISBN-9781529394740

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Dr Luke Beardon** is Senior Lecturer in Autism at Sheffield Hallam University. He has published widely on autism and is renowned and respected for his uniquely inclusive, celebratory approach to helping autistic people thrive in a neurotypical world. He works with government authorities to develop services and model best practice, in addition to being part of a research team, and has spoken at many national and international conferences on a variety of autism-related topics. He has won several awards for his work, including the National Autistic Society's Autism Professionals Award for achievement in 2016, and has won the Autism Hero Awards in two categories, including for Lifetime Achievement.

## Avoiding Anxiety in Autistic Adults

A Guide for Autistic Wellbeing

*Luke Beardon*

- Author is leading light in the field of autism research and features regularly in the media, including recent appearances on BBC Sheffield, Listening Project (R4), You and Yours (R4), the Independent, the Guardian, the Daily Mail
- Luke's previous three titles on Autism and Asperger Syndrome have sold around 20k copies
- As well as giving practical strategies for helping your autistic child when they face challenging situations, it celebrates and affirms the intriguing, beguiling and remarkable world of autism and the children who live there

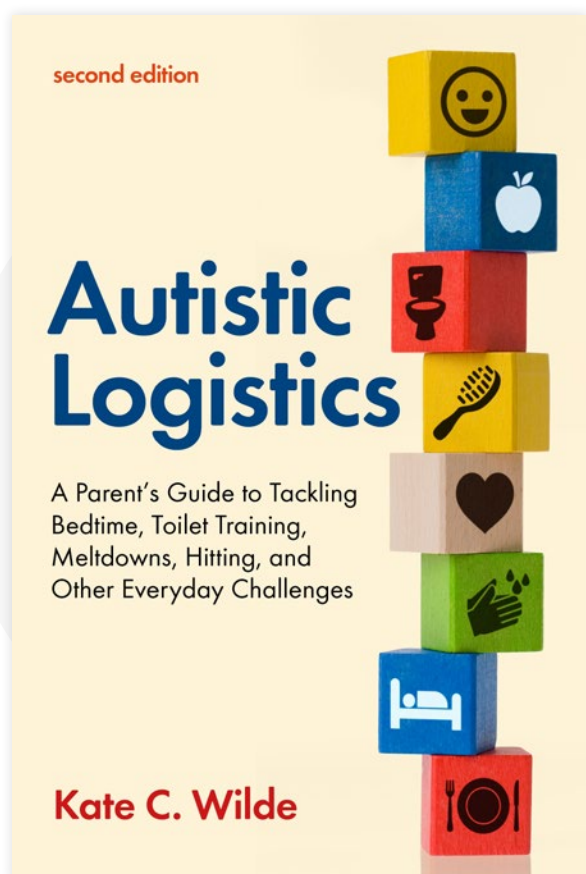
'A MUST-READ' – Kieran Rose, The Autistic Advocate

One of the biggest challenges if you are an autistic adult (or suspect you might be) is navigating the situations which to the predominantly neurotypical population might appear completely benign but which cause you huge stress, anxiety and worry.

At work, at university, in social situations, in friendships, relationships, in shops, in unfamiliar environments – there are a wealth of things that can make you feel overwhelmed if the world is full of things that you feel nobody else notices but which cause you huge distress.

Dr Luke Beardon has put together an optimistic, upbeat and readable guide that will be essential reading not just for any autistic adult, but for anyone who loves, lives with or works with an autistic person. Emphasising that autism is not behaviour, but at the same time acknowledging that there are risks of increased anxiety specific to autism, this practical book gives clear strategies that the autistic person can adopt to minimise their anxiety and live comfortably in a world full of what may seem to be noise and chaos.

At the same time, *Avoiding Anxiety in Autistic Adults* this book gives clear guidelines and mission statements to those who live or work with autistic people that they, too, can implement to accommodate needs that are different to their own, taking a radical new step towards a genuinely inclusive world in which autistic people don't just survive, but in which they thrive.



SEP 2021 | 336PP | ISBN-9781787757493

WORLD RIGHTS AVAILABLE

**Kate Wilde** has spent the whole of her life working with children on the autism spectrum. She has a degree in Music and Education from the University of Surrey, UK, and has studied with Dr. Rachel Pinney. Kate is the Director for Global Outreach at the Autism Treatment Center of America®, where she has worked for over 20 years, working one-on-one with over 1500 children from more than 40 different countries. She also works in private practice serving families worldwide.

## Autistic Logistics, Second Edition

**A Parent's Guide to Tackling Bedtime, Toilet Training, Meltdowns, Hitting, and Other Everyday Challenges**

*Kate Wilde*

- Fully revised edition includes new content on chores, siblings, puberty, meltdowns, self-harm and interoception.
- Caters to all age ranges and all points on the spectrum.
- Author has a large international following and teaches programmes that are attended by up to 20 different nationalities.

Have you ever wished there was a manual for parenting children on the autism spectrum? This book provides just that, offering clear, precise, step-by-step advice on everything you want to know, including:

- How to toilet train your child without pushing or pressuring
- How to get your child to sleep in their own bed and through the night
- What to do when your child misbehaves/ lashes out, hits or bites
- How to introduce new foods without a fight

This updated edition is based on Kate Wilde's decades of experience and the latest autism research. Tackling a wide range of common parenting milestones, the book offers tried-and-tested techniques to help you transform the challenges of home life and create harmony. Catering to all age ranges and points on the spectrum, this book will be invaluable to parents, caregivers, teachers and teaching assistants.

A large blue rectangle representing a book cover. In the center, the text 'COVER COMING SOON' is written in white, bold, uppercase letters.

COVER  
COMING  
SOON

APR 2022 | 336PP | ISBN-9781839971556

WORLD RIGHTS AVAILABLE

**Naomi Simmons** was named by The Times as one of the top ten authors of the decade. She is a bestselling author of books for children, parents and teachers on language learning and speech development and is most known for the Family and Friends series (OUP).

## Raising Kids with Hidden Disabilities

### Getting It

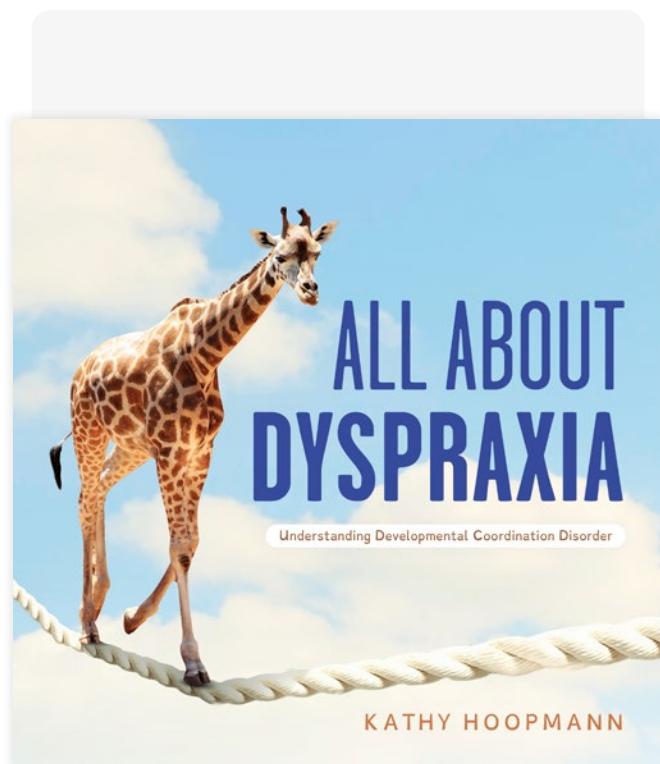
*Naomi Simmons*

- At least 10% of children have a hidden disability, according to the US government, with many more undiagnosed.
- Provides an alternative to parenting advice normally directed at neurotypical children, where symptoms of a hidden disability may be interpreted as bad behaviour.
- Accessible resource for parents of children with any hidden disability, regardless of diagnosis (including those where a disability is suspected but not diagnosed).

When it comes to parenting a child with a hidden disability, everyone seems to have an opinion. Here, Naomi Simmons writes from experience, offering new solutions for when conventional parenting strategies just don't work.

Naomi Simmons is the parent of children with a range of hidden disabilities, including high functioning autism, ADD, OCD, dyslexia and bipolar. She provides candid guidance on how best to support children in this situation – dealing with meltdowns, school avoidance, self-harm, anxiety and depression – and shares the experiences of others who really do 'get it'.

Addressing common concerns and hurdles, it helps you respond to your child's unique needs and challenges whilst developing their strengths and talents.



FEB 2022 | 80PP | ISBN-9781787758353

**WORLD RIGHTS AVAILABLE**

Kathy Hoopmann is the best-selling Australian author of *All Cats Have Asperger Syndrome*, *All Dogs Have ADHD* and *All Birds Have Anxiety*. With a primary school teaching background, she is the author of over twenty books for children and teenagers which sell widely in Australia, the UK, the US and the Middle East, and her books have been translated into nineteen languages. To find out more about Kathy and her writing, visit [www.kathyhoopmann.com](http://www.kathyhoopmann.com).

## All About Dyspraxia

**Understanding Developmental Coordination Disorder**

*Kathy Hoopmann*

- Best-selling and award-winning author – author has won and been shortlisted for numerous awards including ALCS Educational Award, Moonbeam Children's Book Award, Children's Book Council of Australia Award and four Nautilus awards for books that change lives.
- Fully illustrated with beautiful colour photographs of animals.
- Provides a positive insight into dyspraxia for those recently diagnosed and those close to them.
- Combined sales of the author's picture books total over 400,000 copies.

*All About Dyspraxia* follows in the best-selling footsteps of Kathy Hoopmann's *All Cats are on the Autism Spectrum* and *All Dogs have ADHD*. Through engaging text and colour photographs, this book shows how people with dyspraxia see and experience the world and highlights the unique characteristics that make them special.

A perfect introduction to dyspraxia for those recently diagnosed with the condition, as well as their families, friends, and the people who work with them. People with dyspraxia will also appreciate the book for the way it shares their perspectives on life with care and gentle humour.



COVER  
COMING  
SOON

JUL 2022 | 352PP | ISBN-9781839971723 | 12 BLACK AND WHITE  
ILLUSTRATIONS

WORLD RIGHTS AVAILABLE

**Sarah Naish** is author of bestselling parenting guide *The A-Z of Therapeutic Parenting*. She is an adoptive parent, CEO of The Centre of Excellence in Child Trauma, founder of the National Association of Therapeutic Parents, and SAfER Fostering, director of Inspire Training Group and author of the hugely popular *Therapeutic Parenting Books* series.

**Kath Grimshaw** is a writer, illustrator and children's book designer. She has Obsessive Compulsive Disorder and, as a child, she struggled to understand why she felt the way she did, which inspired her to write *Frankie's Foibles*. Kath studied Human Sciences at Oxford University before pursuing a career in children's book publishing. She now freelances from her hometown of Totnes, Devon, where she lives with her husband, two boys and three cats.

# The A-Z of Survival Strategies for Therapeutic Parents

From Chaos to Cake

**Sarah Naish**

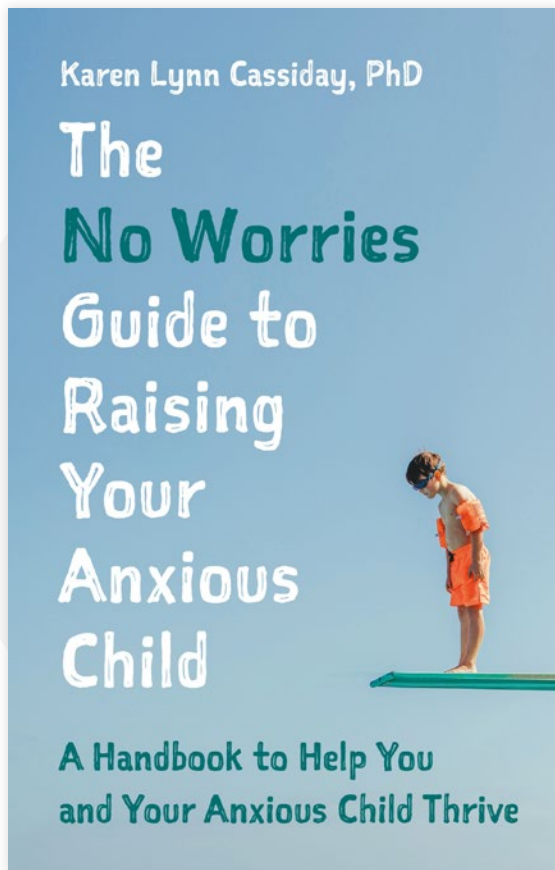
*Illustrated by Kath Grimshaw*

- Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma.
- Best Selling Author of *The A-Z of Therapeutic Parenting* (pub 2018, over 37,000 copies sold 9781785923760)
- Outstanding author platform and credentials Sarah Naish runs the National Association of Therapeutic Parents (UK), is a qualified social worker and mum of five adopted siblings. She hosts a private therapeutic parent Facebook group for therapeutic parents which has over 30,000 dedicated, active members.
- Relatable style – Sarah Naish writes as a parent in a light, upbeat tone. The book is peppered with humorous anecdotes and illustrations throughout which make

This book is your hot flask of tea or coffee, and a cosy blanket which will keep you warm, safe and well on your journey, ensuring you reach the other side, mentally and physically well.'

So, you are great at therapeutic parenting, but how are YOU? If you don't have the time or inclination for a bit of 'self-care' then this is the book for you. This easy-to-follow, dip-in dip-out resource addresses common challenges and feelings experienced by therapeutic parents, and offers 80 practical strategies to help you cope and survive as a therapeutic parent. Bestselling parenting author Sarah Naish writes with humour and compassion, drawing on her own personal and professional experiences to cover everything from essential maintenance to isolation and rejection and how to survive including helpful phrases to humorous anecdotes and examples of how to schedule a holiday.

Designed to save time, save energy and solve your problems, this book is a 'must have' for all therapeutic parents.



SEP 2021 | 208PP | ISBN-9781787758872

WORLD RIGHTS AVAILABLE

**Karen Lynn Cassiday**, PhD, ACT, is a clinical psychologist and Managing Director of The Anxiety Treatment Center of Greater Chicago. She is also Past President of The Anxiety and Depression Association of America (2016–2018) and is a Founding Fellow of the Academy of Cognitive Therapy (A-CBT). She is the host of the radio show and podcast “Moms Without Worry” and gave a TEDx talk, “Why Parenting Does Not Need a Handbook”, on overcoming perfectionism. She is a mother of five and is based in Pleasant Prairie, WI, USA.

## The No Worries Guide to Raising Your Anxious Child

**A Handbook to Help You and Your Anxious Child Thrive**

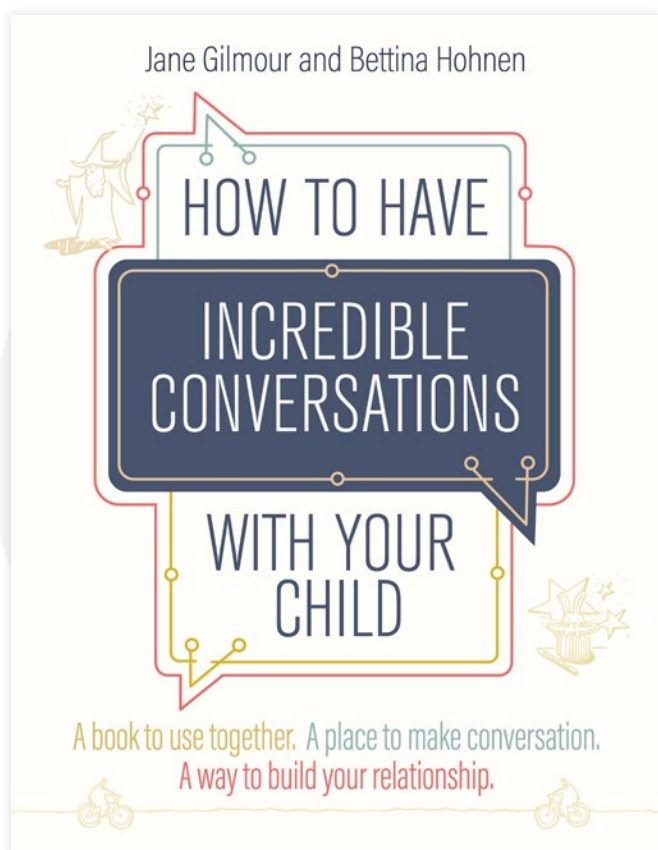
*Karen Lynn Cassiday, PhD*

- The author is Past President of the Anxiety and Depression Association of America and hosts a popular radio show, Moms Without Worry.
- One of the first handbooks on anxiety that challenges cultural pressure to be a ‘perfect’ parent and the trap of over-parenting.
- 80% of parents with children with mental health or anxiety diagnoses suffer from anxiety or mental illness themselves.
- 2-in-1 guide, simultaneously teaches parents how to help their anxious child thrive, and how to ease their own anxieties.

This two-in-one handbook will help you to understand your child’s anxiety and how to ease it, while also showing you how to reconcile your own fears and worries that come with raising an anxious child.

Tips and strategies from evidence-based therapies, such as CBT, ACT and exposure therapy, are paired in this guide with humorous, thoughtful and honest anecdotes of the author’s own life and parenting experiences. Challenging modern cultural pressures to be a ‘perfect parent’ and warning against the trap of over-accommodation, Dr Cassiday gives advice on how to embrace imperfection and uncertainty and to build resilience, compassion and gratitude so that anxiety can take the back seat in your family.

With a focus on acceptance and growth rather than ‘curing’, this book will help you and your child to thrive and find joy even during the worst bouts of anxiety.



OCT 2021 | 208PP | ISBN-9781787756403 | PART 2 THE CONVERSATIONS SECTION IS FULLY ILLUSTRATED IN BLACK AND WHITE AND CAN BE WRITTEN IN BY THE CHILD.

**WORLD RIGHTS AVAILABLE**

**Jane and Bettina** are clinical psychologists and academics with a specialist interest in neuropsychology. They have over 20 years' experience working at Great Ormond Street Hospital and University College London with children, young people, families, school staff and delivering practical evidence-based training to parents and professionals.

## How to Have Incredible Conversations with your Child

**A book for parents, carers and children to use together. A place to make conversation. A way to build your relationship.**

*Jane Gilmour and Bettina Hohnen*

You: "How was your day?"

Your child: "Fine."

As a parent, you want to know what is going on in your child's life, how school and friendships are going, if they're feeling okay. As a kid you want to tell your parent what's going on, but it can be hard to find the words. This book is brilliant because it makes finding those words easy, and you discover incredible stuff about each other.

How exactly do you make it happen? This accessible guide answers the million-dollar question by steering you, step by step through carefully supported and structured conversational platforms that encourage connection and strengthen relationship bonds. Written by two top clinical psychologists who have worked with families over many years they have, uniquely, designed it for you to read and experience, together.

Inside this book you will find a range of fun, illustrated child-friendly conversation activities, organised around four key themes: who are you? how are you? what helps? what gets in the way?

There is powerful evidence that building good parent-child communication skills improves emotional wellbeing, physical health, academic and employment success. It helps set up a trusting relationship so you can navigate adolescence and later life successfully. It's important to start early because it takes time to learn skills.



COVER  
COMING  
SOON

APR 2022 | 160PP | ISBN-9781529395389

WORLD RIGHTS AVAILABLE EXCLUDING US AND CANADA

**Virginia Mendez** is a mother of two and the co-founder of [www.thefeministshop.com](http://www.thefeministshop.com). She is the author of two books for children on gender, and consent. As a children's author, she has spoken to over 2000 school children, promoting critical thinking and inviting them to understand what is behind their already-formed ideas about things being for boys and things being for girls. She has spoken at the Human Rights Festival, has been published in both Forbes and The Sunday Times, and is part of the thought leader program 'Ladies who Launch'. She has been featured in Women in Business and she is frequently invited to podcasts and YouTube channels as a guest speaker. Virginia is part of the Global Equality Collective, and DiverseEducators. She has been recognised as one of the 145 Inspiring Women Leaders of 2020 by Diverse In Globaland and won an award as one of the Top 100 UK #iAlso f:Entrepreneurs in 2020.

# Smashing Stereotypes

*Virginia Mendez*

- Cutting-edge approach to a timely and relevant topic
- Well-connected, young and dynamic author who will leverage the profiles of the thought-leaders in her book
- Innovative approach that takes the subject beyond the confines of gender-neutral parenting to a more achievable, sustainable philosophy

Raising your child beyond the limitations placed on them by gender is, let's face it, an uphill battle. If you don't know where to start, or how to start, you will find inspiration, insight and plenty of practical strategies in *Smashing Stereotypes*. From navigating the gendered constructs that dominate children's films, television and media generally, to choosing appropriate and stimulating toys beyond the binary divide, this accessible and relatable book will make the whole process much less daunting.

Based on interviews with, and research by, some of the best thought-leaders from the fields of psychology, neuroscience and education, the insights in this book will not only open the eyes of any parent or caregiver, they will inspire you to help your child to look at the world in a critical, creative and empowered way. Free from the restraints of the stereotypes that surround gender, your child has the opportunity to reach their true potential – and this is the book that you need to launch them on that journey.





# BI THE WAY

The Bisexual Guide to Life  
**LOIS SHEARING**

JUN 2021 | 240PP | ISBN-9781787752917

**RIGHTS SOLD: FRENCH**

writing on bisexuality has been published by The Independent, The Advocate, DIVA magazine, Gay Star News, INTO, and Openly. Bi The Way is their first book.

## Bi the Way

**The Bisexual Guide to Life**

*Lois Shearing*

- Follows an accessible FAQ structure with each chapter answering a common question as a launchpad for wider discussions about bisexual topics and issues.
- About 1% of the population identify as bisexual and there is growing awareness around bisexuality and increased interest from the media (such as TV drama The Bisexual and dating show The Bi Life), and yet there is very little literature for this community apart from being mentioned in wider LGBT publications.
- Author is a leading figure from the UK bi community who has written for leading publications on the topic of bisexuality.

Whether you are openly bisexual, still figuring things out or just interested in learning more about bisexuality, Bi the Way is your essential guide to understanding and embracing bisexuality. With first-hand accounts from bi advocates, it includes practical tips and guidance on topics including dating, sex, biphobia, bi-erasure, coming out, activism and gender identity, demystifying a community that is often erased or overlooked.

Rallying, honest and powerfully written, this must-read book is a manifesto for bisexual people everywhere and will empower you to live your most authentic bisexual life.



JAN 2021 | 240PP | ISBN-9781787754959 | 20+ B/W PHOTOGRAPHS  
 WORLD RIGHTS AVAILABLE

**Emma Goswell** and **Sam Walker** host and produce the Coming Out Stories podcast and have over 20 years' broadcasting experience.

Emma has co presented both the breakfast and drive time shows on Gaydio – the world's biggest LGBTQ+ radio station – and has been published by DIVA and Gay Star News. She has featured on BBC Radio London, BBC Wales, BBC Scotland and BBC 5 Live to discuss LGBTQ+ issues. Emma currently lives with her family in Wales, where she is a carer for her sister.

Sam is a writer and a broadcaster and founder and MD of What Goes on Media, a company dedicated to helping individuals and organisations tell their stories through audio. She was previously a presenter for Radio 5 Live and now lives in Arizona, USA.

## Coming Out Stories

**Personal Experiences of Coming Out from Across the LGBTQ+ Spectrum**

*Edited by Emma Goswell and Sam Walker*

- Solid fan base through podcast: both authors, who host and produce the podcast, have very strong connections with LGBT organisations and the media more broadly
- Lack of competitor books: there is very little published on support for coming out, the vast amount of literature is online
- Broad range of scenarios: shows how coming out can affect people throughout their life, to different people and in different places, and offers support for each
- Author profile: Goswell hosts drive time radio show on Gaydio (with 850,000 listeners a month). Walker founded and runs a media company and previously presented on Radio 5 Live.
- Celebrity endorsement: features uplifting advice from famous LGBTQ+ contributors such as Joe Lycett, James Barr, Heather Peace and Divina De Campo

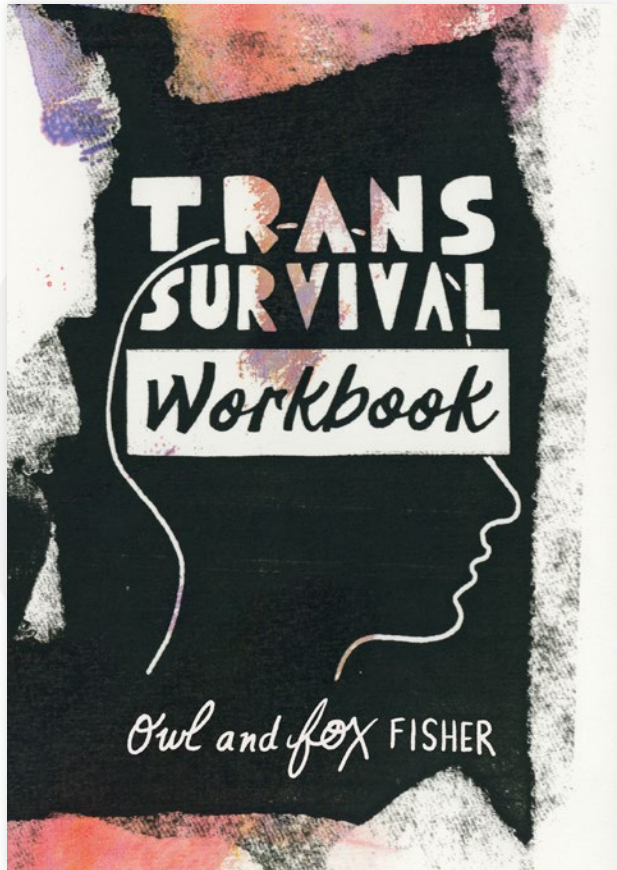
'Uplifting and triumphant, each story is a feat of bravery and courage.' – Juno Dawson

'A must-read for anyone grappling with coming out.'  
 – Riyadh Khalaf

Based on the hugely popular Coming Out Stories podcast, this empowering, humorous and deeply honest book invites you to share one of the most important moments in many LGBTQ+ people's lives.

From JP coming out to his reflection in the mirror, to Jacob coming out to their Mum over email, from Christine knowing she was trans as a young child, to Kerry coming out as a lesbian in her late thirties, all of the real life stories in this book show you there is no right or wrong way to come out, whatever your age and whatever your background.

Whether you're gay, pan, queer, bi, trans, non-binary, or an ally, this uplifting go-to resource is filled with helpful advice and tips on what to expect, and inspirational quotes from leading LGBTQ+ figures, to help you live your life as your most authentic self. Welcome to the family!



JUN 2021 | 144PP | ISBN-9781787756298 | B/W ILLUSTRATIONS  
THROUGHOUT

**WORLD RIGHTS AVAILABLE**

**Owl** and **Fox Fisher** are internationally recognised trans-rights activists, filmmakers and bestselling authors of Trans Teen Survival Guide.

Owl is an advisor for All About Trans, columnist for Metro, and co-director of the popular film project My Generation. In 2019 they were chosen as one of the BBC's 100 Women.

Fox is co-founder of Trans Pride Brighton, co-director of My Generation and co-author of the hugely successful Are You A Boy Or Are You A Girl? They are also an award-winning artist and author of Trans Pride: A Coloring Book.

## Trans Survival Workbook

*Owl and Fox Fisher*

- The accompanying guide, Trans Teen Survival Guide, has sold over 6000 copies
- Fun and inspiring, this book empowers you, engages you with your feelings and improves your mental health.
- Interactive: includes colouring in pages, quizzes and questionnaires, and places to journal and draw

Explore what it means to be you with your own personal Trans Survival Workbook!

Combining essential tips and practical advice with quizzes, activities and reflective exercises, this interactive journal allows you to document your transition, engage with your feelings and improve your mental health. With coming-out letters, colouring pages, fun games and inspiring stories, it is the perfect toolkit for discovering who you are and what your gender identity, gender expression and pronouns mean to you.

Written by two of the world's leading trans activists, and a follow-up to the bestselling Trans Teen Survival Guide, this empowering and unique book will be with you every step of the way.



NOV 2021 | 352PP | ISBN-9781787756182 | 10 B/W ILLUSTRATIONS  
 WORLD RIGHTS AVAILABLE

**Meg-John Barker** is the author of a number of popular books on sex, gender, and relationships, including graphic guides to *Queer, Gender, and Sexuality*, *How To Understand Your Gender*, *Life Isn't Binary*, *Enjoy Sex (How, When, and IF You Want To)*, *Rewriting the Rules*, and *Hell Yeah Self Care*. They have also written a number of books for scholars and counsellors on these topics, drawing on their own years of academic work and therapeutic practice.

**Alex Iantaffi** is an internationally recognized independent scholar, speaker and writer on issues of gender, disability, sexuality and mental health. They are also a licensed marriage and family therapist, sex therapist, somatic experiencing practitioner and supervisor.

## How to Understand Your Sexuality

**A Practical Guide for Exploring Who You Are**

*Meg-John Barker and Alex Iantaffi*

*Illustrated by Jules Scheele*

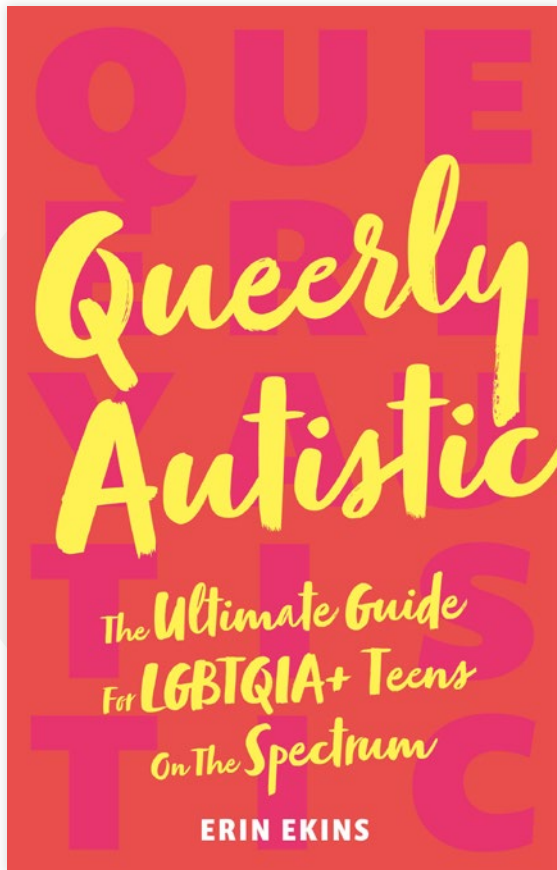
- Follow up to the bestselling *How to Understand Your Gender*, written by two expert authors.
- There is a huge media interest in sexual diversity, and an upsurge in young people identifying as LGBTQIA+.
- The book covers a diverse range of sexual identities, including solo sexuality, asexuality, heterosexuality and queer sexualities.

Gay, straight, queer, pansexual, demisexual, ace...? Sexuality is complex and diverse, but it doesn't have to be confusing.

This down-to-earth guide is the ultimate companion for understanding, accepting and celebrating your sexuality. Written by two internationally renowned authors and therapists, the book explains how sexuality works in terms of our identities, attractions, desires and practices, and explores how it intersects with our personal experiences and the world around us.

With activities and reflection points throughout, it offers space to tune into yourself and think deeply about your own sexuality. You'll hear from people across the sexuality spectrum and in different relationship set-ups, and be inspired by the ideas of scholars, activists and practitioners. Sexuality is a vast and wonderful landscape – let this book guide you on your journey!





APR 2021 | 240PP | ISBN-9781787751712

WORLD RIGHTS AVAILABLE

**Erin Ekins** is a queer autistic woman who runs the popular blog Queerly Autistic. She has appeared on the Victoria Derbyshire show, Radio 5 Live and the Channel 4 documentary 'Are You Autistic?' and presented at NAS conferences. She lives in Essex with her two mums, her brother and her two dogs, Thor and Odin.

## Queerly Autistic

**The Ultimate Guide For LGBTQIA+ Teens On The Spectrum**

*Erin Ekins*

- There's an acknowledged overlap of autistic and trans identities, and high numbers of autistic people tend to have fluid sexualities and/ or genders.
- The book is written by an autistic bisexual person and elevates the voices of autistic people across the LGBT spectrum.
- Moves beyond just sex, gender and relationships to explore wider concerns such as finding a community, coming out to friends/family, activism, self-care and the LGBT 'scene'.
- Advice is also useful to non-autistic LGBTQIA+ teens wanting to learn more.

In this empowering and honest guide for LGBTQIA+ autistic teens, Erin Ekins gives you all the tools you need to figure out and explore your gender identity and sexuality.

From coming out to friends and family, staying safe in relationships and practicing safe sex, through to self-care and coping with bullying, being out and about in the LGBTQIA+ community and undergoing gender transition, this book is filled with essential information, advice, support and resources to help you on your journey, and also works as a primer on all things LGBTQIA+ for non-autistic teens who are just figuring it all out.

Written by an inspirational autistic queer woman, this is a must-read for every autistic teen wanting to live their very best queer life.



OCT 2021 | 256PP | ISBN-9781787756588

WORLD RIGHTS AVAILABLE

**Rhyannon Styles** is an internationally recognized journalist, author, performer and public speaker. Her ground-breaking ELLE column, 'The New Girl' charted her transition and was published as a bestselling memoir in 2017. She has written for Stylist, Sunday Times Style, i-D and Broadly and featured in *Feminists Don't Wear Pink and Other Lies*, *To My Trans Sisters* and *Women of Substances*. A leading figure in the LGBTQ+ community, Rhyannon was name-checked on Independent's Rainbow List as 'One to Watch'.

## Help! I'm Addicted

**A Trans Girl's Self-Discovery and Recovery**

*Rhyannon Styles*

- A 2012 report from the Centre for American Progress (CAP) found that 20–30% of trans people struggle with substance abuse, compared to 9% of the general population.
- Author has contributed to works including *Feminists Don't Wear Pink and Other Lies* (Penguin 2018) and has written for publications including *Elle* and the *Sunday Times*.
- This is the first book geared towards supporting trans addicts, written in engaging and relatable memoir format.
- Book covers a range of addictions including food, alcohol, sex and relationships and provides support to those seeking alternative healthy behaviour.
- Author published her memoir, *The New Girl*, with *Headline* in 2017 to rave reviews.

My name is Rhyannon, and I'm an addict.

In 2012, Rhyannon Styles began her gender transition, and attended her first 12-Step meeting – beginning two journeys which changed the course of her life.

Using her personal narrative as a springboard for exploring addiction, recovery and LGBTQ+ mental health, Rhyannon writes with searing honesty about the complexity of her experiences. The book spans a range of addictions including alcohol, food, sex and relationships, the internet and narcotics, and highlights the ways in which addiction and the transition process can overlap.

A first-of-its kind narrative, and a powerful account of recovery, this book offers advice, hope and support for those struggling with addiction in its many forms.

# The Simple Guide to Collective Trauma

What It Is, How It Affects Us  
and How to Help



Betsy de Thierry

Foreword by  
Lisa Cherry

Illustrated by  
Emma Reeves

## The Simple Guide to Collective Trauma

What It Is, How It Affects Us and How to Help

*Betsy de Thierry*

Foreword by Lisa Cherry

Illustrated by Emma Reeves

- Highly topical content – worldwide significance and appeal post-COVID and following the traumatic events of 2020
- From the author of the Simple Guides series; The Simple Guide to Child Trauma (9781785921360) has sold over 15,000 copies since 2016
- Accessible approach to a complex topic, appealing to parents, specialists and other professionals working with children, such as teachers and social workers

What is collective trauma?

- How can it impact children and communities?
- What can we do about it?

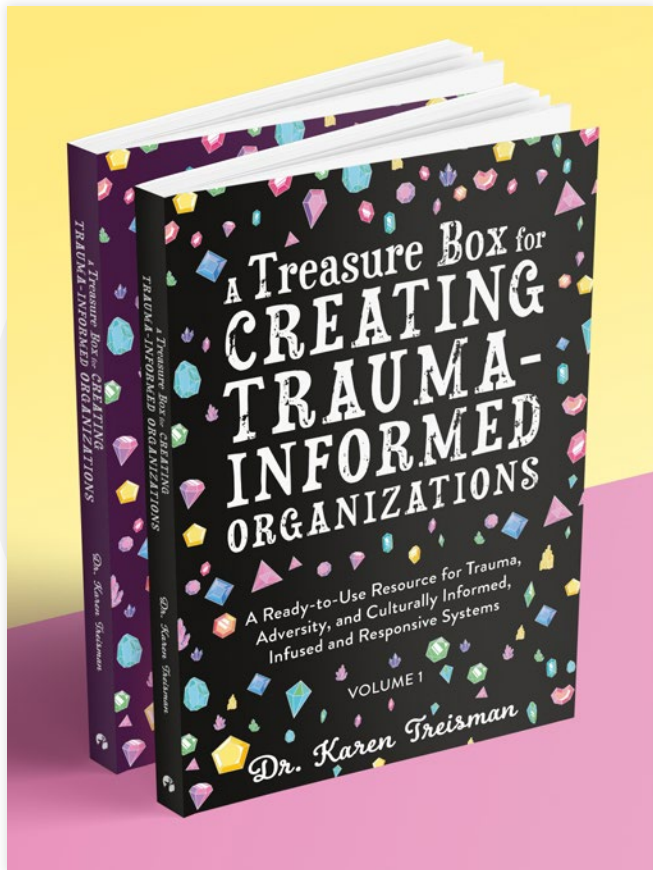
Providing accessible answers to these complex questions and more, this guide explores the key characteristics of collective trauma and provides practical advice on how to help children, young people and communities to heal.

Collective trauma affects communities, families and individuals. This book highlights its impacts and with examples such as grief and loss, outlines how it can manifest. With guidance on building individual, communal and cultural resilience, this book is an invaluable resource to better understand and support children and young people dealing with collective trauma.

JUL 2021 | 112PP | ISBN-9781787757882

RIGHTS SOLD: TURKISH

**Betsy de Thierry** is a mum of four brilliant sons, a practising psychotherapist and a qualified primary school teacher. With over 20 years of experience and knowledge within the field, she is a trainer in trauma recovery and the founder of the Trauma Recovery Centre, a charity specialising in recovery from complex trauma. She is also the CEO of BdT Ltd ([www.betsytraininguk.co.uk](http://www.betsytraininguk.co.uk)) Trauma Training, Consultancy and Leadership, which supports professionals who work with traumatised children and families in the UK.



APR 2021 | 720PP | ISBN-9781787753129 | 254 COLOUR IMAGES AND WORKSHEETS

**WORLD RIGHTS AVAILABLE**

**Dr. Karen Treisman** is an award-winning specialist clinical psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## A Treasure Box for Creating Trauma-Informed Organizations

**A Ready-to-Use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems**

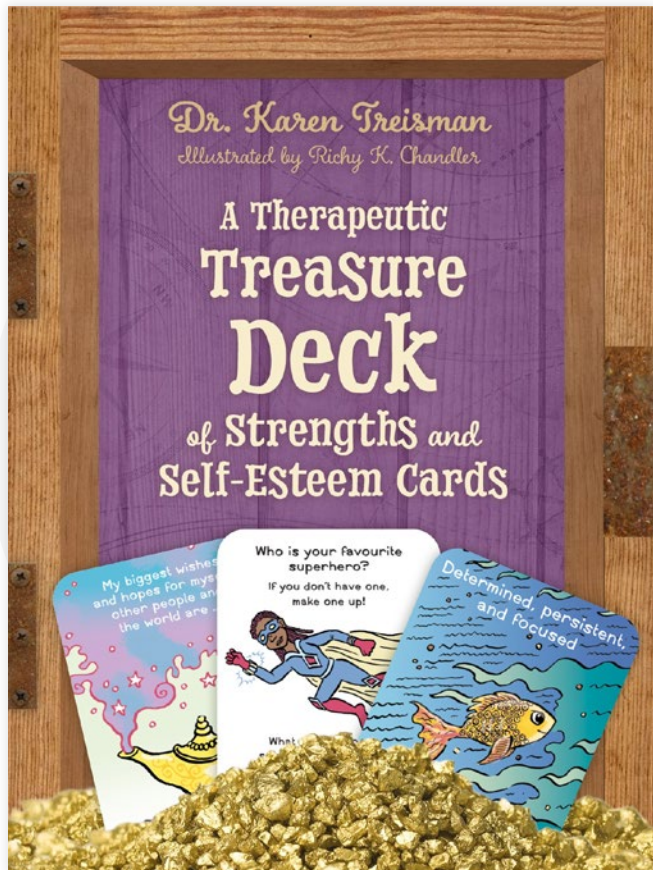
*Dr. Karen Treisman*

- Trauma is very prevalent in society: At least 25% of adults have experienced physical, sexual, or emotional abuse at some point in their lives, making trauma-informed organizations a necessity
- Bestselling author: A brand new resource from the prolific Dr. Treisman, whose previous Treasure Box for Working with Children and Adolescents with Developmental Trauma (9781785922633) has sold over 13,000 copies
- Written by an expert: Dr. Treisman facilitates training on trauma and adversity for numerous organisations including large-scale charities, prisons, schools, local authorities, and health services. Awarded the Winston Churchill Fellowship to research trauma, adversity and culturally informed, infused, and responsive organizations across America. Currently consultant to over 90 organizations internationally. Won Psychologist of the year in 2018 and 2019. Awarded an MBE from the Queens Honour List 2020.
- Easy to use and implement: Actionable, engaging, ready to use (e.g. on away days) and a guaranteed route to getting staff involved

This Treasure Box book is packed full of valuable resources from bestselling and award-winning author, trainer, organizational consultant, and Clinical Psychologist Dr. Karen Treisman, and will show you how to weave a deep understanding of trauma and adversity into the daily practice and the whole fabric of your organization.

This expert knowledge is presented in a bright and easy to understand way. Every chapter contains a huge array of colour photocopyable worksheets, downloadable materials, practical ideas, reflective questions, and exercises ready to use both individually and organizationally.





SEP 2021 | ISBN-9781787757851 | 70 FULLY ILLUSTRATED CARDS

**WORLD RIGHTS AVAILABLE**

Dr. Karen Treisman, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## A Therapeutic Treasure Deck of Strengths and Self-Esteem Cards

*Dr. Karen Treisman*

*Illustrated by Richy K. Chandler*

- Low self-esteem is one of the most common issues leading young people to seek counselling
- Versatile and creative tool to engage children and adolescents, encouraging self-reflection in a fun and interesting format
- Suitable for a wide range of caregivers and professionals in a variety of different settings
- By the bestselling author of *A Therapeutic Treasure Box for Working with Children and Young People with Developmental Trauma* (over 15,000 units sold, ISBN 9781785922633)

Dr Treisman's deck of 70 cards offers creative ways to help develop self-esteem, strengths and resilience.

Suitable for use with all ages – from children aged 6+ to adults – and for one-to-one, group or team settings, the cards provide an approachable way to explore wishes, hopes, dreams, identity and much more. The pack is organized into three different card types: 1) illustrated strengths cards; 2) strengths-based sentence completion cards; and 3) fun activities. Together, they provide an easy way to engage in self-reflection, whether through inspiring conversations or a more structured activity.

The deck is accompanied by a helpful booklet which explains the many ways in which the pack can be used – from the simple to the inspiring and creative.



COVER  
COMING  
SOON

MAY 2022 | ISBN-9781839971372 | 110 FULLY ILLUSTRATED CARDS  
WORLD RIGHTS AVAILABLE.

**Dr. Karen Treisman**, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

**Richy K. Chandler** is a London-based writer and illustrator. He is the author of *You Make Your Parents Super Happy!*, *When Are You Going to Get a Proper Job?* and *Lucy The Octopus*

# The Trauma Treasure Deck

**A Creative Tool for Assessments, Interventions and Learning for Work with Adversity and Stress in Children and Adults**

*Karen Treisman*

- 31% of young people had a traumatic experience during childhood, and those exposed to trauma are twice as likely as their peers to develop a range of mental health conditions (Lancet Psychiatry)
- Increasing number of practitioners and organisations are wanting to become more trauma-aware and trauma informed; even more so in the context of covid and Black Lives Matter
- Versatile and creative tool to engage children and adolescents, encouraging self-reflection and learning in a fun and interesting format
- Bestselling expert author with a strong platform – Dr Karen Treisman MBE is an energetic campaigner for trauma-awareness. She has 30,000 followers on Twitter, a mailing list reaching 10,000 followers and trains thousands of practitioners every year across health, education and social care. She is the author of a wide range of successful books and resources (see 'previous books')

Dr Karen Treisman has designed this versatile and colourful card deck to enable practitioners supporting children, teens or adults who have experienced trauma, stress or adversity.

The cards are organized into four different types: sentence completion cards, survival response cards, signals/signs cards and different types of trauma cards. In combination, the cards provide you with a rich resource which enables you to:

- Increase understanding of the multi-layered impact of trauma, stress, and adversity – including common sensory, physical, emotional, cognitive and relational aspects.
- Deepen assessment and information-gathering
- Support reflection and curiosity
- Explore the wider lens of trauma – including cultural, intergenerational, medical, war trauma etc.
- And much more!



JUN 2021 | ISBN-9781787757769 | 56 FULL COLOUR ILLUSTRATED CARDS

RIGHTS SOLD: ESTONIAN

**Sarah Naish** is author of bestselling parenting guide *The A-Z of Therapeutic Parenting*. She is an adoptive parent, founder of the National Association of Therapeutic Parents, director of Inspire Training Group and author of the hugely popular *Therapeutic Parenting Books* series. She lives in Gloucestershire.

**Sarah Dillon** is a Founding Committee Member and Therapeutic Lead of the National Association of Therapeutic Parents. She is also a therapist, specialising in attachment difficulties, complex and developmental trauma, and spent much of her childhood in the care system. She lives in Derby.

## Therapeutic Parenting Jumbo Cards

*Sarah Naish and Sarah Dillon*

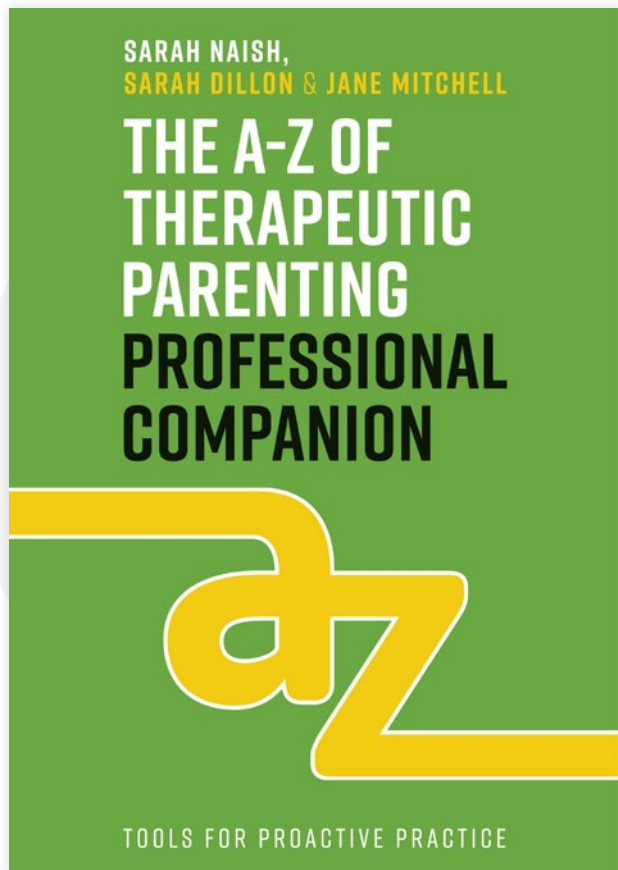
*Illustrated by Kath Grimshaw*

- Bestselling author and topic Sarah Naish is the author of the hugely successful *The A-Z of Therapeutic Parenting*, which has sold over 18,000 copies
- Authors with credentials and a strong platform Author team combine professional expertise and lived experience – Sarah Naish is parent of five adopted children and with Sarah Dillon runs successful training consultancies and a fostering agency. They run the UK National Association of Therapeutic Parents and host a closed Facebook group comprising over 25,000 therapeutic parents.
- Strong interest in therapeutic cards Sales of comparable therapeutic cards sets to schools, social workers and therapists have been strong – e.g. Dr Karen Treisman, *A Therapeutic Treasure Deck of Feelings and Sentence Completion Cards* (9781785923982)

This colourful pack of jumbo cards is the ideal resource for anyone who wants a fresh and creative way to explore what therapeutic parenting involves.

Designed to help parents of children who have experienced trauma, as well as the range of professionals who support them, this pack offers simple summaries of the key principles of therapeutic parenting. Each card features a cartoon and quote taken from the author's bestselling book *The Quick Guide to Therapeutic Parenting*. Each explains a different element of therapeutic parenting, accompanied by a concise explanation on the back. Over 40 different issues are covered, from dysregulation and fear, to setting boundaries and parenting in the midst of trauma, and the cards are accompanied by a booklet which explains more about therapeutic parenting and how the pack can be used.

The resource has been designed to be used flexibly, so get creative! You may want to use as a playful conversation starter for talking about parenting, a learning tool for those wanting to develop their skills, or simply a source of inspiration – pinned to the wall for when things get tough!



AUG 2021 | 176PP | ISBN-9781787756939

WORLD RIGHTS AVAILABLE

**Sarah Naish** is author of bestselling parenting guide *The A-Z of Therapeutic Parenting*. She is an adoptive parent, CEO of The Centre of Excellence in Child Trauma, founder of the National Association of Therapeutic Parents, and SAfER Fostering, director of Inspire Training Group and author of the hugely popular *Therapeutic Parenting Books* series.

**Sarah Dillon** is a Director and Therapeutic Lead of the National Association of Therapeutic Parents. She is also a therapist, specialising in working intensively within fostering and adoption, attachment difficulties, complex and developmental trauma, and spent much of her childhood in the care system.

**Jane Mitchell** is a founding member and Director of the National Association of Therapeutic Parents. She has 15 years' experience delivering training to families parenting children with trauma, and is an adoptive parent, as well as co-author of the hugely popular *Therapeutic Parenting Essentials*.

## The A-Z of Therapeutic Parenting Professional Companion

### Tools for Proactive Practice

*Sarah Naish, Sarah Dillon and Jane Mitchell*

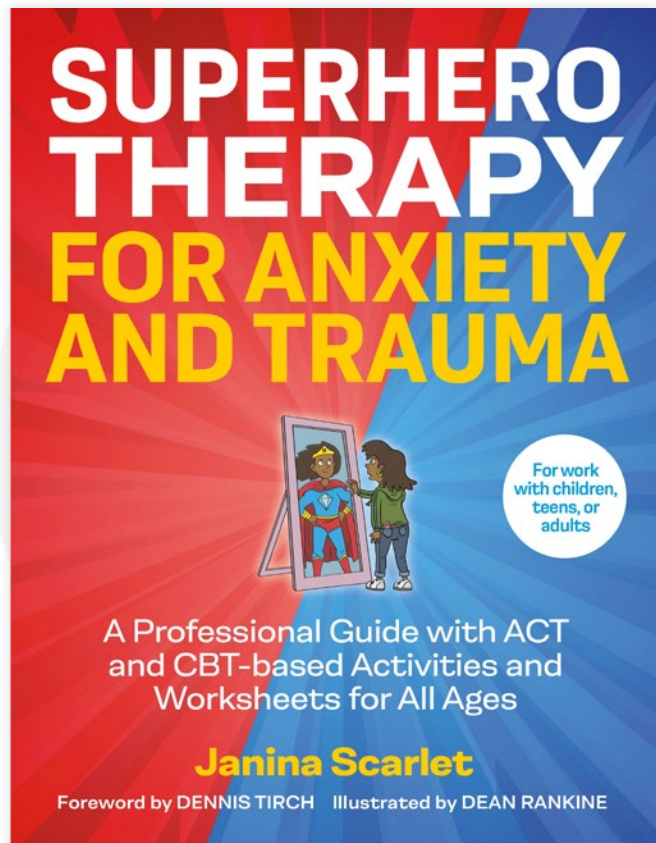
- Designed for use by social workers and child mental health practitioners as a companion to the bestselling *The A-Z of Therapeutic Parenting* (over 35,000 copies sold)
- Evidence-informed, tried and tested tools which have been shown to will support family stability in adoptive and foster families, meet developmental needs and reduce the risk of family breakdowns
- Accessible, practical and easy to use with template pro formas and photocopyables ideally suited to busy child welfare practitioners

Designed as a professional complement to Sarah Naish's bestselling *A-Z of Therapeutic Parenting*, this tried and tested resource offers practical tools for all professionals supporting therapeutic families.

Based on the latest research, and with photocopyable worksheets, pro formas and charts to use with parents, these tools will help you to build supportive and stable relationships with families and reduce family breakdown.

The resource is structured into three parts:

1. The Trauma Tracker Tool – designed to support the stability of the family and to predict possible incidents by providing an understanding of the presenting behaviours in the context of the child's history
2. The Developmental Foundation Planner – to help professionals to identify and address unmet developmental needs in a structured way as soon as a child is placed with a family and thereby help reduce instances of family breakdown
3. The Behaviour – Assessment of Impact and Resolution Tool (BAIRT) – which enables practitioners of most levels to engage in a step by step intervention, breaking down the most complex behaviours with a problem solving supportive process.



AUG 2021 | 224PP | ISBN-9781787755543 | 17 B&W CARTOONS

WORLD RIGHTS AVAILABLE

**Janina Scarlet** is a Clinical Psychologist and Lead Trauma Specialist at the Centre for Stress and Anxiety Management in San Diego. She is the developer of Superhero Therapy and has been awarded the United Nations Association Eleanor Roosevelt Human Rights Award for her work on the approach.

**Dean Rankine** is a Ledger and Stanley Award winning comic book artist and illustrator best known for his work on Simpsons Comics. His other credits include Futurama, Rick and Morty, Invader Zim, Underdog, Hellboy and Oggy and the Cockroaches.

## Superhero Therapy for Anxiety and Trauma

**A Professional Guide with ACT and CBT-based Activities and Worksheets for All Ages**

*Janina Scarlet*

*Illustrated by Dean Rankine*

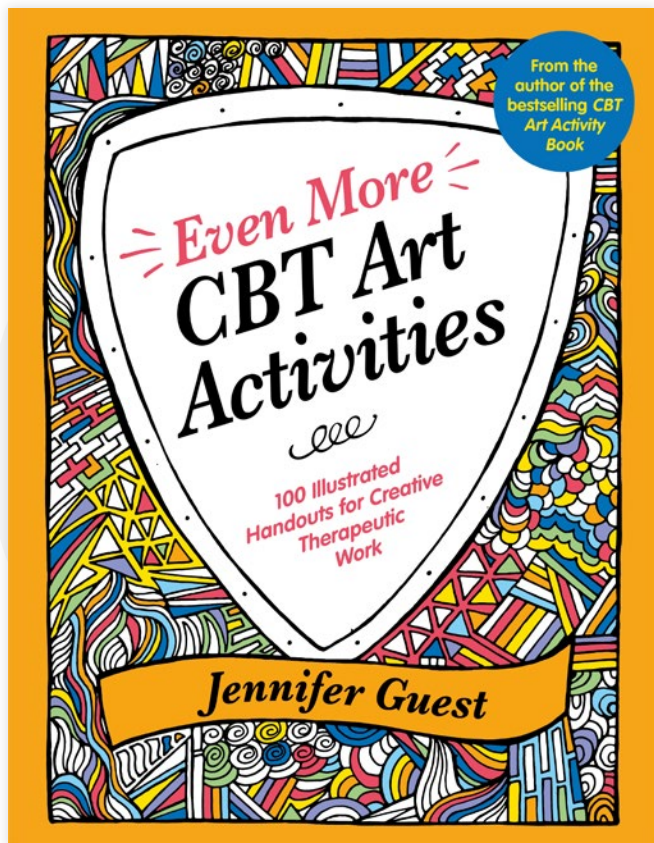
- Highly requested and anticipated guide – the author has received over 2000 requests for a treatment manual on Superhero Therapy.
- Increasingly popular approach – 4500 professionals have been trained in the approach so far.
- Appeals to all age groups – can be used and adapted to children, young people and adults.
- Contains a range of practical activity ideas and illustrated worksheets, which are available to download or photocopy.
- Includes a foreword by Dennis Tirsch, Founder of the Center for Compassion Focused Therapy

Drawing on ACT and CBT, this guide incorporates popular culture into evidence-based therapy, offering a unique approach for mental health professionals to better support clients dealing with anxiety and trauma. With fun and engaging activities and downloadable worksheets, it aims to alleviate the shame and stigma surrounding mental health, empowering clients to discover their origin story and reframe their experiences to become real life superheroes.

Covering topics such as building resilience, identifying and overcoming key challenges, and mindfulness, this book introduces familiar superheroes as characters to identify with, aiming to validate clients' experiences and encourage deeper understanding and reflection during sessions. It provides a range of activities and worksheets to use in a variety of settings with children aged 7+, teens and adults.

An increasingly popular approach, this guide is an invaluable and timely resource for all mental health professionals working with those experiencing anxiety and trauma.





NOV 2021 | 144PP | ISBN-9781787759299 | 100 BLACK AND WHITE ILLUSTRATED WORKSHEETS

WORLD RIGHTS AVAILABLE

**Jennifer Guest** is an accredited member of the British Association of Counsellors and Psychotherapists and has an honours degree in Art and Design. She is a clinical supervisor and counsellor with over 20 years' experience in delivering therapeutic services. She has published multiple books, including the bestselling *CBT Art Activity Book*.

## Even More CBT Art Activities

100 Illustrated Handouts for Creative Therapeutic Work

Jennifer Guest

- Builds on the success of the author's previous book: *The CBT Art Activity Book* 100 illustrated handouts for creative therapeutic work which sold over 15,000 copies (ISBN: 9781849056656)
- Improvements implemented based on user feedback and experiences, including increased guidance on how to use the worksheets
- Adaptable for group or individual work
- Suitable for use with young people and adults
- Perfect for both new and experienced therapists

From the author of *The CBT Art Activity Book*, this book brings you even more and even better worksheets and ready-to-use creative activities based on CBT principles.

With striking patterned designs and easy-to-follow prompts, these 100 new worksheets are suitable for adults and young people, in individual or group work. Using CBT and art as therapy, they support therapeutic outcomes such as emotional regulation, improved self-esteem and resilience, coping with change and loss, and identifying goals.

The book also includes guidance on using the worksheets effectively in therapeutic sessions, enabling a safe space to express, articulate and process difficult experiences and emotions.



COVER  
COMING  
SOON

JUL 2022 | ISBN-9781839971426 | 100 FULLY ILLUSTRATED  
CARDS 1500–2500 WORD BOOKLET  
**WORLD RIGHTS AVAILABLE**

**Warren Larkin** is an experienced clinical psychologist and trainer based in the UK. Warren is the Clinical Lead for the Department of Health Adverse Childhood Experiences as well as a visiting professor at Sunderland University, developing their training curricula and research programme for Public Health and Mental Health Professionals. He is also the founder of Warren Larkin Associates with goals of social care innovation and reform.

## Adverse Childhood Experiences Card Deck

**Tools to Open Conversations, Identify Support and Promote Resilience with Children and Adults**

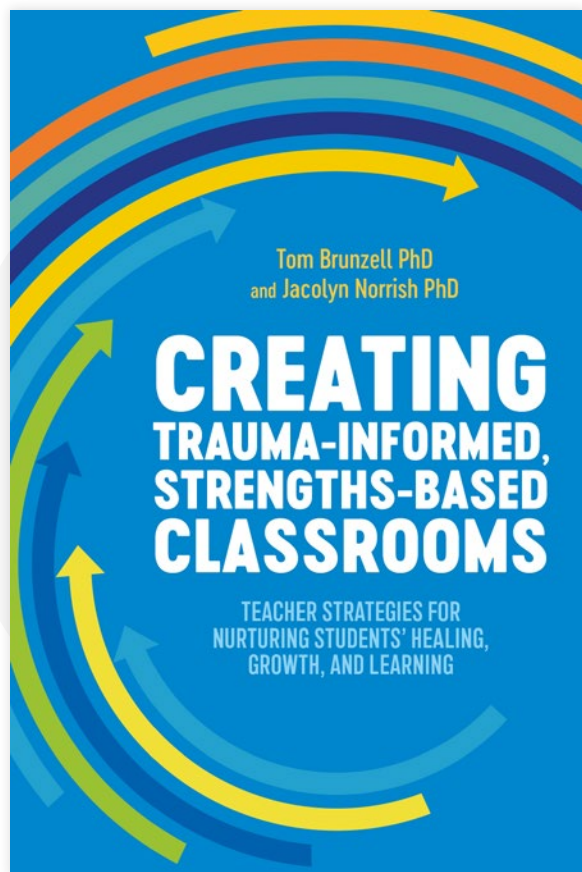
*Warren Larkin*

- 50% of participants experienced 1 ACE and over 8% more in England according to Public Health Scotland based on ACEs questionnaires
- ACE Theory is a growing movement and embedded into Welsh and Scottish national policy
- Instruction booklet which accompanies cards makes them easy and accessible for all professionals – even those with limited knowledge of ACEs

Adverse Childhood Experiences can include a multitude of experiences including abuse in various forms, neglect, violence or other types of serious household dysfunction – with devastating and sometimes life-long consequences.

This card deck features 100 colour coded, fully illustrated cards and a detailed instruction manual to help professionals and their clients explore and cope with these experiences. This deck designed by clinical psychologist and experienced ACEs consultant helps individuals build resilience and cope with these experiences to lead happier fulfilling lives.

The Adverse Childhood Experiences Card Deck is an essential one-stop tool for social workers, youth workers and professionals which will prove invaluable for – an ACE card deck for dealing with ACEs.



MAY 2021 | 272PP | ISBN-9781787753747

WORLD RIGHTS AVAILABLE

**Dr Tom Brunzell** (MST, EdM, PhD) has experience as a teacher, school leader, researcher and education advisor. Currently he is the Director of Education at Berry Street and Honorary Fellow at the University of Melbourne Graduate School of Education. Tom presents internationally on topics of transforming school culture, student engagement, trauma-aware practice, wellbeing and positive psychology, and effective school leadership. His research at the University of Melbourne investigates both the negative impacts of secondary traumatic stress and the positive impacts of wellbeing on teachers and leaders working towards educational equity in their communities.

**Dr Jacolyn Norrish** (MPsychClin, PhD) is a psychologist who has worked implementing wellbeing and mental health initiatives in schools, and has taught positive psychology courses at Monash University. She is the author of *Positive Education: The Geelong Grammar School Journey* (OUP, 2015).

## Creating Trauma-Informed, Strengths-Based Classrooms

**Teacher Strategies for Nurturing Students' Healing, Growth, and Learning**

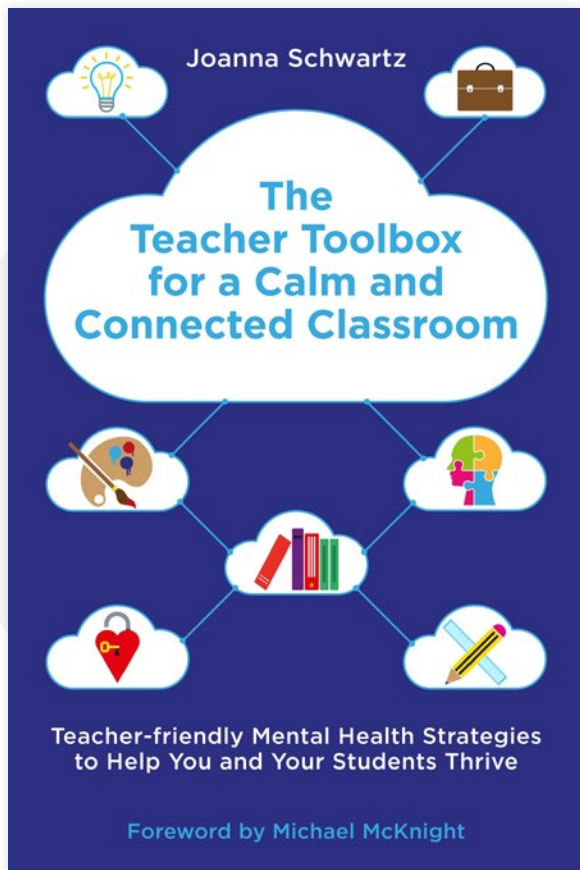
*Tom Brunzell and Jacolyn Norrish*

- Includes guidance on boosting student learning as well as supporting student mental health needs – competing books only focus on the support element.
- Strategies can immediately be implemented in the classroom and can be tailored to suit unique contexts and environments.
- Innovative approach supports teachers working with students in their school community, particularly those at risk of disengaging from education.
- Berry Street has trained over 40,000 teachers and education leaders in the last 5 years.

With accessible strategies grounded in trauma-informed education and positive psychology, this book equips teachers to support all students, particularly the most vulnerable. It will help them to build their resilience, increase their motivation and engagement, and fulfil their full learning potential within the classroom.

Trauma-informed, strengths-based classrooms are built upon three core aims: to support children to build their self-regulatory capacities, to build a sense of relatedness and belonging at school, and to integrate wellbeing principles that nurture growth and identify strengths. Taking conventional approaches to trauma one step further, teachers may create a classroom environment which helps students to meet their own needs in a healthy way and progress academically.

Based on the successful Berry Street education strategies pioneered by the authors, this book also includes comprehensive case studies, learning points and opportunities for self-reflection, fully supporting teachers to implement these strategies within the classroom.



AUG 2021 | 272PP | ISBN-9781787754041

WORLD RIGHTS AVAILABLE

**Joanna Schwartz**, M.Ed, MA is an elementary school teacher and has trained and practiced as a family therapist, running trainings for schools and school districts. She currently trains 600–700 teachers and counsellors a year. Joanna’s concept and pitch for her business Toolbox for Teachers won Mika Brezinski’s (MSNBC’s Morning Joe) popular Know Your Value Business Plan Competition.

# The Teacher Toolbox for a Calm and Connected Classroom

**Teacher-Friendly Mental Health Strategies to Help You and Your Students Thrive**

**Joanna Schwartz**

*Foreword by Michael McKnight*

- Perfect for busy teachers who need easy to implement strategies that will help them unload ‘the invisible backpack’ that traumatised students often come to school with – accessible and easy to use, with boxes, activities and tools.
- Evidence-based: activities are based on the latest research findings in the fields of neuroscience.
- The author is a teacher with experience in mental health who runs trainings for teachers on these tried and tested techniques and therefore knows what the readers’ needs are.
- The prevalence of trauma exposure among children and young people in the US is a major public health concern, as studies have shown that this can cause PTSD, anxiety, depressive symptoms and dissociation which can lead to decreased IQ and reading ability, lower grade-point average, more days of school absence and decreased rates of high-school graduation.

The Teacher Toolbox for a Calm and Connected Classroom is a whole-child, whole-hearted approach to teaching, wellness, and student--teacher relationships.

Chock-full of practical advice and brain-based tools from an experienced teacher and counselor, this book solves the question of how psychology and education can enrich and empower both teachers and students’ wellness. Peppared with relatable anecdotes from the authors’ experiences, the book deals with how to help unpack the’ “invisible backpack” that both teachers and students bring into the classroom. Chapters are broken down to show how to practically address common issues such challenging behavior, social-emotional learning, trauma-informed education, attachment theory, mindfulness, mental health and much more.

Written accessibly, and with tools which are easy to implement, This is an indispensable guide for any teacher.

# Understanding and Supporting Children with Literacy Difficulties

An Evidence-Based Guide for Practitioners

**Dr Valerie Muter**

Foreword by Professor Margaret Snowling



JAN 2021 | 288PP | ISBN-9781787750579

**WORLD RIGHTS AVAILABLE**

**Dr Valerie Muter** is a clinical and research psychologist with a special interest in children's early cognitive development, particularly in relation to language and literacy, and is an Honorary Research Associate at University College London.

## Understanding and Supporting Children with Literacy Difficulties

**An Evidence-Based Guide for Practitioners**

*Dr Valerie Muter*

*Foreword by Professor Margaret Snowling*

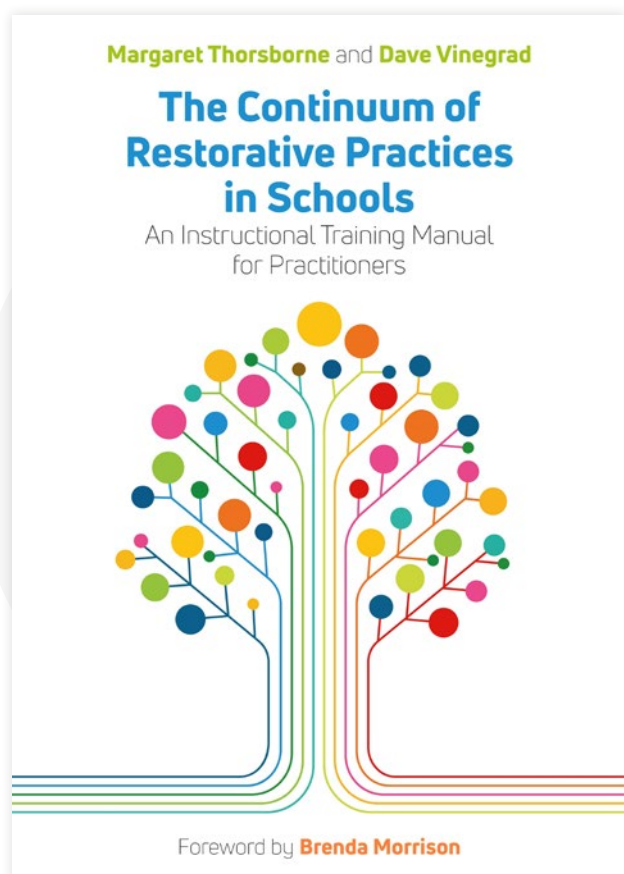
- Large-scale population studies have shown that as many as 1 in 6 young children are at risk of failing to read at a level that enables them to meaningfully access the school curriculum.
- Accessible language, case studies and examples of good practice will appeal to non-academic practitioners.
- Author is a big name in this field, with over 30 years of experience. She has authored many academic publications and speaks at international events, and is co-author of *Dyslexia: A Parents' Guide* (Vermilion).
- A much-needed evidence-based guide to assessment and intervention, drawing together the latest research and recommendations for practice.

Learning to read is arguably the single most important educational challenge a child faces in the first years of schooling, setting a child up for future academic success and opportunities. However, it is estimated that one in six children experience literacy difficulties.

This is the go-to book for psychologists, educationalists and other professionals wanting a deeper understanding of current thinking around dyslexia, reading comprehension difficulties, and related SpLDs. Drawing on six fictional case studies to illustrate her points, and using examples of good practice throughout, Valerie Muter unpacks the latest psychological theories and research on literacy disorders.

She discusses the interconnections between underlying cognitive problems and learning and educational and behavioural issues, as well as the common co-occurrence of these conditions.

Written by a lead thinker in the field, this is an essential evidence-based guide for those working with children with literacy difficulties and supporting them to achieve their full potential.



FEB 2022 | 224PP | ISBN-9781839970412

WORLD RIGHTS AVAILABLE

**Margaret Thorsborne**, a consultant with a background in teaching and counselling, is a pioneer and expert of restorative practice in educational and other workplace settings. She travels and trains around the world.

**David Vinegrad** is a veteran of working in a diversity of school settings and undertaking a wide range of roles in classroom teaching, student counselling and management. He is the Director of Behaviour Matters, a business dedicated to assisting schools and organisations get the best out of what they do.

# The Continuum of Restorative Practices in Schools

An Instructional Training Manual for Practitioners

Margaret Thorsborne and Dave Vinegrad

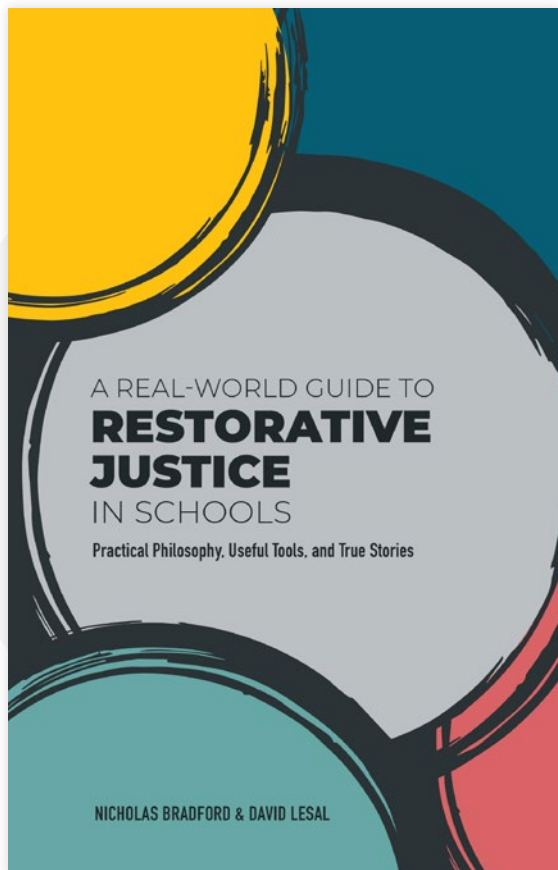
Foreword by Brenda Morrison

- Versatile: This instructional manual can be used to accompany training, but it is written in such detail that school staff can buy it straight off the shelf if they want a general “how to” on daily RJ practice
- Expert knowledge: including a foreword from Brenda Morrison, ‘Canada’s authority on bullying’
- Easily implementable: the photocopiable worksheets can be used direct in practice, making this a highly practical resource

An instructional manual on restorative justice in schools from world-leading experts; this ‘how to’ guide offers guidance on the issues of carrying out restorative practices, including coping with day-to-day problems, and offers worksheets for practical daily use.

Beginning with challenges to orthodox thinking about behaviour change, it goes on to describe a multitude of approaches to respond to minor incidents in school settings, then takes a close look at using restorative approaches to bullying, before it finally focuses on the formal end of the continuum (including conference preparation and facilitation). This book is reflective of the evolution of processes and responses from the most serious of incidents through to minor everyday issues, making this an essential resource for all school staff.





JUL 2021 | 272PP | ISBN-9781787755710

WORLD RIGHTS AVAILABLE

**Nicholas Bradford** is the founder of the National Center for Restorative Justice, an experienced educator of challenging youth, and passionate advocate for building relationships between educators and students. David LeSal is the Education Director for the National Center for Restorative Justice, and a certified high school ELA teacher with over 10 years of classroom experience. Together, they now deliver training on restorative justice and practices, circles, equity and a host of other transformative topics.

## A Real-World Guide to Restorative Justice in Schools

**Practical Philosophy, Useful Tools, and True Stories**

*Nicholas Bradford and David LeSal*

- Strong author expertise and platform: The National Center for Restorative Justice offers training to teachers, and the authors have trained over 1,000 teachers in the last 2 years – the book directly complements the training course
- Unique RJ angle: Rather than a professional guide to whole-school structural changes, this is an accessible book for teachers attempting to actually implement RJ, covering real-world challenges and examples
- Strong market for books on restorative justice in schools in the US

This book is designed to help you navigate the challenges and joys of building and maintaining a healthy restorative ecosystem in your school, while providing concrete tools and real-world stories to guide you through the process.

Traditional methods of discipline are commonly found to be ineffective, and this book shows how restorative justice can benefit schools in a huge variety of ways, such as decreasing the need for suspensions, increasing academic outcomes, and improving the health of your whole school community.

Written by the founder and the education director of the National Center for Restorative Justice, each and every chapter is packed with expertise on everything from carrying out the stages of a restorative circle to understanding the importance of conflict. The authors pull no punches in showing that this work is not always easy, but their passion for restorative justice shines out of every page, demonstrating just how valuable this approach can be in bringing the absolute best out of your students and school.

COVER  
COMING  
SOON

DEC 2020 | 240PP | ISBN-9781787752672

RIGHTS SOLD: TURKISH

**Joe Brummer** has been the victim of two separate violent anti-gay related hate crimes and what began as a personal healing response to the trauma he has transformed into professional involvement in the field of community and restorative justice. Since 2006, Joe has actively been working with schools and NGOs in multiple states to share Nonviolent Communication, implement peer mediation programs, and school-wide restorative practices. In 2017, he completed a six-year term on the board of directors for the National Association for Community Mediation where he helped lead the overhaul of employee review strategies to be more restorative. He presented on Conflict and Peace Building in 2012 and 2013 for the Annual International Leadership Training Programme: A Global Intergenerational Forum sponsored by UNESCO & Institute of Comparative Human Rights at the University of Connecticut. Joe has been an invited presenter on trauma-informed restorative practices at the last three Annual Creating Trauma-Sensitive Schools Conferences hosted by the Trauma and Attachment Network.

# Building a Trauma-Informed Restorative School

**Skills and Approaches for Improving Culture and Behavior**

*Joe Brummer with Margaret Thorsborne*

- Previous on restorative justice in schools have been very successful; 9781849053778 Implementing Restorative Practices in Schools has sold over 13,000 copies
- Cross-market appeal, to the large international networks of both trauma-informed and restorative justice advocates
- Trauma-informed and restorative justice advocates have large international networks
- Growing need in modern school systems to be properly trauma-informed

Covering both theory and practice, this book will teach educators everything they need to know about developing restorative practices in their education settings, in a way that is also trauma-informed.

The first part of the book addresses the theory and philosophy of restorative approaches, and of trauma-informed and trauma-sensitive schools. The second part outlines the five restorative skills (mindfulness, honest expression, empathy, the art of asking questions and the art of requests), what they look like in practice (including using circles, respect agreements and restorative dialogue), and how to implement them. Every strategy is clearly explained and adapted to be appropriate for children and adults who have experienced trauma.

Everything the book discusses has been especially designed to be adapted for different school settings and their particular challenges.



**[www.jkp.com](http://www.jkp.com)**  
[www.johnmurraypress.co.uk](http://www.johnmurraypress.co.uk)