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The series provides practical evidence-based guidance on the diagnosis and treatment of the most common disorders seen in clinical practice – and does so in a uniquely reader-friendly manner. A new strand is dealing with methods and approaches rather than specific disorders. Each book is both a compact how-to reference for use by professional clinicians in their daily work, as well as an ideal educational resource for students and for practice-oriented continuing education.

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About the editors

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Order and price information

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Daria J. Kuss / Halley M. Pontes

**Persistent Depressive Disorders**
J. Kim Penberthy

**Hoarding Disorder**
Gregory S. Chasson / Jedidiah Siev

**Insomnia**
William K. Wohlgemuth / Ana Imia Fins

Internet use is an integral part of our daily lives, but at what point does it become problematic? What are the different kinds of internet addiction? And how can professionals best help clients? This accessible, evidence-based book by leading experts answers these questions by outlining the current assessment and treatment methods for internet addiction. Includes a 12–15 session treatment plan using the method and setting with the best evidence: group CBT, and printable tools for assessment and treatment.

Expert, evidence-based guidance on persistent depressive disorder (PDD) for busy practitioners who need to know how to assess, diagnose, and treat this difficult to identify and potentially life-threatening disorder. The therapies that have the strongest evidence base are outlined, and in particular the cognitive behavioral analysis system of psychotherapy (CBASP), a treatment specifically developed for PDD. Printable tools in the appendices can be used in daily practice.

Hoarding disorder presents particular challenges in therapeutic work, including poor treatment adoption. This evidence-based guide written by leading experts presents the busy practitioner with the latest knowledge on assessment and treatment of hoarding disorder. The reader gains a thorough grounding in the treatment of choice for hoarding – a specific form of CBT interwove psychosocial approaches to ensure successful treatment. Printable tools help practitioners carry out therapy.
Volumes available for CE credits

**Children & Adolescents**
- *Childhood Obesity* by D. E. Wilfley / J. R. Best / J. Cahill Holland / D. J. Van Buren (2019)

**Addictions and Related Disorders**
- *Substance Use Problems, 2nd ed.* by M. Earleywine (2016)
- *Binge Drinking and Alcohol Misuse Among College Students and Young Adults* by R. P. Winograd / K. J. Sher (2015)
- *Substance Use Problems, 2nd ed.* by M. Earleywine (2016)

**Anxiety and Related Disorders**
- *Hoarding Disorder* by G. S. Chasson / J. Siev (2019)
- *Generalized Anxiety Disorder* by C. D. Marker / A. Aylward (2011)
- *Social Anxiety Disorder* by M. M. Antony / K. Rowa (2008)

**Behavioral Medicine and Related Areas**
- *Alzheimer's Disease and Dementia* by B. T. Mast / B. P. Yochim (2018)

**Methods and Approaches**

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- *Posttraumatic Stress Disorder*
- *Domestic Violence*
- *Panic Disorder and Agoraphobia*