



A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers (Haworth Practical Practice in Mental Health)

Luciano L'Abate

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Never has the need for a compendium of self-help workbooks been so great!

From the founder of the world's first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002. Placed together in one volume for the first time, *A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers* includes reviews and evaluates the complexity of each workbook in regards to its form, content, and usability by the client. From abuse to women's issues, this annotated bibliography is alphabetized by author, but can also be researched by subject.

While self-help workbooks are currently not as popular or as mainstream as self-help books and video, that could soon change. Self-help workbooks are versatile, cost-effective, and can be mass-produced. The workbook user is active rather than passive, and the mental healthcare worker can analyze a more personal response from the user, whether in the office or via the Internet. *A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers* brings these workbooks together into one sourcebook to suit anyone's needs.

Each self-help workbook is reviewed according to specific criteria:

- contents
- structure
- specificity
- goal
- level of abstraction
- a subjective evaluation usually concludes the review of the workbook

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers also includes:

- an in-depth introduction discussing the need for workbooks in mental health practices
- indices for subject as well as author
- an address list of the publishing houses for the workbooks annotated in the bibliography
- an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self-help workbooks for all mental health subjects. Dr. L'Abate's highly selective review process helps you find exactly what you need. This unique sourcebook is vital for mental health clinicians, counselors, schoolteachers, and college and graduate students.

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