

# **The Clinical and Community Psychology**

**A Publication of the Division 6 of the International  
Association of Applied Psychology (IAAP)**

**Volumen 5, Issue 1, January 2016**

**ISSN: 2308-6394**



## *Welcome to the homepage of Division 6 of the IAAP!!*

The Clinical and Community Psychologists is the Official Newsletter of the Division 6 of the International Association of Applied Psychology (IAAP)

**Publisher:** Division 6 of the International Association of Applied Psychology (IAAP)

**Editor:** María Paz García-Vera

**Associate Editor:** Clara Gesteira, Noelia Morán, Rocío Fausor, Pedro Altungy

**Design:** Rocío Fausor, Pedro Altungy

**Collaborators:** Beatriz Cobos, Sara Escudero, Rocío Fausor, Judit García, David Lozano,, Natalia Moreno, Roberto Navarro, Ines Rodriguez, Alejandro Zapardiel.

**Photos and illustrations:** Clara Gesteira

**Disclaimer:** The International Association of Applied Psychology cannot be held responsible for errors or any consequences arising from the use of information contained in this journal; the views and opinions expressed do not necessarily reflect those of the International Association of Applied Psychology.

# CONTENTS

EXECUTIVE COMMITTEE.

CONNECTING MEMBERS: SURVEY.

SHARING RESOURCES:

I. Self help books

<http://psychcentral.com/lib/therapists-spill-my-favorite-books-on-therapy/>

<http://www.apa.org/monitor/jan08/recommended.as>

ACTIVITIES:

I. Events from January 2016 to June 2016.

ACKNOWLEDGMENTS.

## EXECUTIVE COMMITTEE



### **PRESIDENT**

*María Paz García Vera*

Department of Personality,  
Assessment and Clinical Psychology  
Complutense University of Madrid  
Campus de Somosaguas  
28223 - Pozuelo de Alarcón (Madrid)  
Spain.

E-mail: [mpgvera@psi.ucm.es](mailto:mpgvera@psi.ucm.es)



### **PRESIDENT ELECT**

Daniel Dodgen

Director,  
Division for At-Risk Individuals,  
Behavioral Health and Community Resilience,  
ASPR  
Unites States.

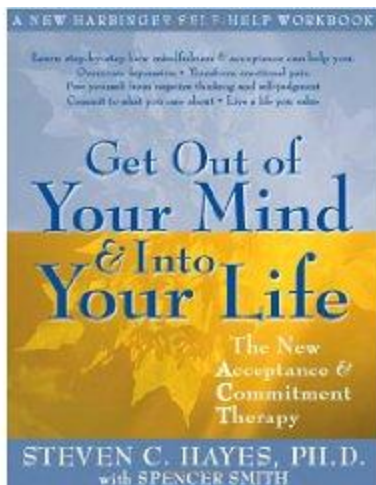
E-mail: [Daniel.dodgen@hhs.gov](mailto:Daniel.dodgen@hhs.gov)

# SHARING RESOURCES

## *Self Help Books*

---

**Get out of your mind and into your life. *Steven C. Hayes and Spencer Smith***



Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you'll learn to let go of your struggle against pain, assess your values, and then

commit to acting in ways that further those values.

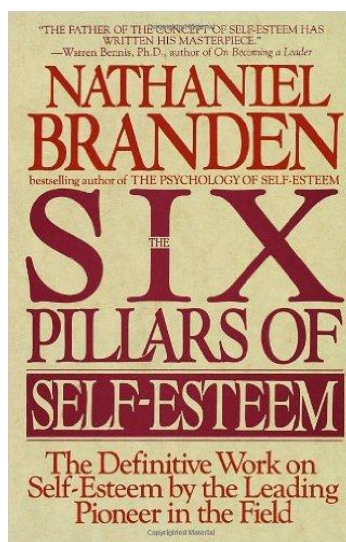
ACT is not about fighting your pain; it's about developing a willingness to embrace every experience life has to offer. It's not about resisting your emotions; it's about feeling them completely and yet not turning your choices over to them. ACT offers you a path out of suffering by helping you choose to live your life based on what matters to you most. If you're struggling with anxiety, depression, or problem anger, this book can help-clinical trials suggest that ACT is very effective for a whole range of psychological problems. But this is more than a self-help book for a specific complaint-it is a revolutionary approach to living a richer and more rewarding life.

- Learn why the very nature of human language can cause suffering
- Escape the trap of avoidance
- Foster willingness to accept painful experience
- Practice mindfulness skills to achieve presence in the moment

- Discover the things you really value most
- Commit to living a vital, meaningful life

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit - an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

### **The six pillars of self esteem. *Nathaniel Branden.***



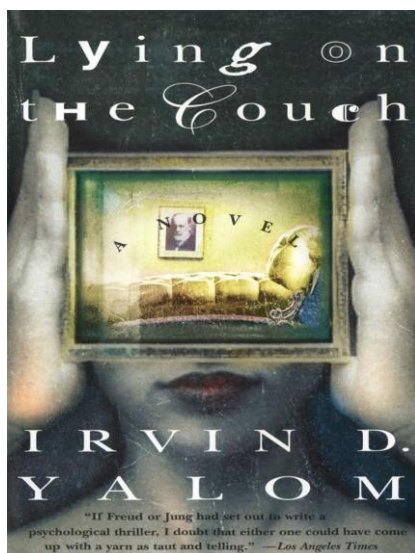
Nearly twenty-five years ago Nathaniel Branden's book: *The Psychology of Self-Esteem* introduced a new and

revolutionary concept of self-esteem. Since then he has done more than any other theorist to demonstrate the supreme importance of self-esteem to human well-being. Now he presents the culminating achievement of a lifetime of clinical practice and study. Immense in scope and vision, and filled with brilliant insights into human motivation and behavior, Branden's new book is already being hailed as the ultimate work on self-esteem. Of all the judgments we pass in life, none is as important as the judgment we pass on ourselves. Nearly every psychological problem - from anxiety and depression to self-sabotage at work or at school, from fear of intimacy to chronic hostility - is traceable to low self-esteem. In the chaotic and competitive world we face today, both personal happiness and economic survival rest on how well we understand self-esteem and nurture it in ourselves and in others. Part I of this provocative book demonstrates compellingly why self-esteem is basic to psychological health, achievement, and positive relationships. It issues a summons to the hero within each of us. Nothing is more challenging than to live by our own mind, judgment, and values. And nothing is ultimately more rewarding. Part II introduces the six pillars themselves: six action-based



practices for daily living that provide the foundation for the establishment and maintenance of self-esteem. Filled with vivid personal examples, these chapters also provide simple yet powerful exercises for gradually increasing personal awareness and effectiveness. Part III explores the importance of self-esteem in five key areas: the workplace, parenting, education, psychotherapy, and society at large. It provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others.

### **Lying on the Couch. Irvin D. Yalom.**

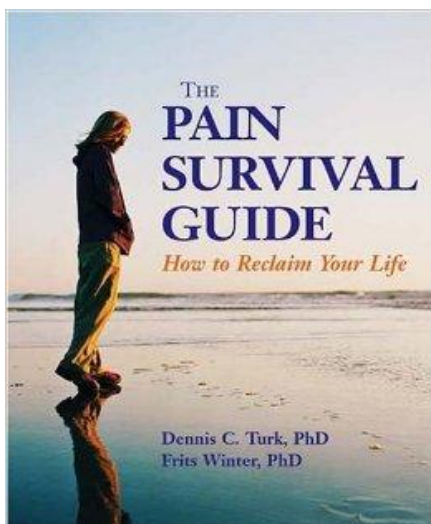


A book which provides a provocative exploration of the unusual relationships three therapists form with their patients. Seymour is a therapist of the old school

who blurs the boundary of sexual propriety with one of his clients. Marshal, who is haunted by his own obsessive-compulsive behaviours, is troubled by the role money plays in his dealings with his patients. Finally, there is Ernest Lash. Driven by his sincere desire to help and his faith in psychoanalysis, he invents a radically new approach to therapy -- a totally open and honest relationship with a patient that threatens to have devastating results.

Exposing the many lies that are told on and off the psychoanalyst's couch, "Lying on the Couch" gives readers a tantalizing, almost illicit, glimpse at what their therapists might really be thinking during their sessions. Fascinating, engrossing and relentlessly intelligent, it ultimately moves readers with a denouement of surprising humanity and redemptive faith.

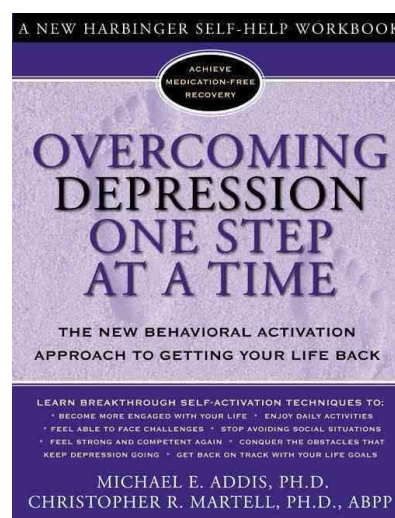
### **The Pain Survival Guide: How to Reclaim your Life. Dennis C. Turk and Frits Winter.**



If you suffer from chronic pain, this proven 10-step program brings hope and relief, showing you how gradual changes in specific behaviors can lead to great improvements in your ability to cope. Psychologists Turk and Winters' recommendations are based on solid research that shows what works and on their success with thousands of patients. Unlike the authors of other pain books, they promise no miracle cures, but they do help you learn not to let your body push you around so life becomes enjoyable again. and the deceptive ways it fools your body into unconstructive behavior; Pacing your activity, so you build strength without overdoing or underdoing it; Learning how to induce deep relaxation so you can begin to enjoy life again; Dealing with disturbed sleep and chronic fatigue; Improving your relations with family and friends, and soliciting support; Changing your

habitual behaviors in ways that reduce pain; Combating the negative thinking that often accompanies pain; Regaining your self-confidence and trust in yourself; The power of goal-setting and humor; Dealing with the inevitable relapses and setbacks once improvement has set in. Workbook exercises, behavior logs, and suggested readings help you integrate these lessons into your daily life and learn to live well despite pain.

### **Overcoming Depression. One Step at a Time. Michael E. Addis and Christopher R. Martell.**



What if depression weren't a disorder occurring on its own but was rather a kind of signpost pointing at tangible things you needed to change in your life? This would radically alter not only the way you think about depression but



also the strategies you'd use to overcome it.

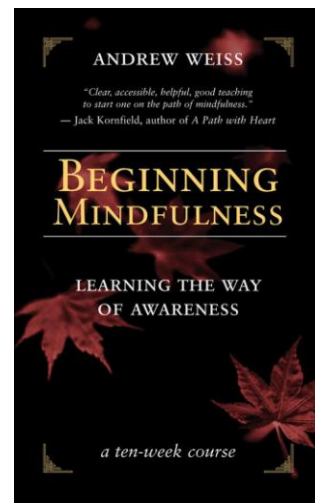
Behavioral activation therapy is built on this powerful, insightful assumption. Its techniques offer fast, effective relief from depression by guiding you to make positive and rewarding changes in your life. This simple, profound process reconnects you to the naturally occurring rewards of a well-lived life, which are powerful antidotes to feelings of depression.

The workbook's engaging exercises create a structured framework in which you are encouraged to focus on those activities that will inspire you with feelings of pleasure, mastery, and engagement. Learn to develop a list of enjoyable activities or activities you need to engage in as a part of a normal and satisfying life. Begin with the easiest (or sometimes, the most indispensable) activities on your list, and learn how to tackle them one by one.

*This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health*

*difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

## **Beginning Mindfulness: Learning the way of awareness. Andrew Weiss.**



Knowing that most people do not stop their lives to engage in spiritual practice, Buddhist teacher Andrew Weiss has always taught the direct application of practice to daily life. While also teaching sitting and walking meditation, he emphasizes mindfulness — the practice of seeing every action as an opportunity to awaken meditative inquiry. Over the years, Andrew has honed his teachings into an effective ten-week course with progressive steps and home-play assignments. *Beginning Mindfulness* is intended for anyone practicing in daily life without the

luxury of long meditation retreats. Weiss skillfully blends the traditions of his teachers into an easy and humorous program of learning the Buddhist art of mindfulness, very useful for the naïve in this practice.

# ACTIVITIES

## EVENTS

### January – June 2016

- Trauma Competency Conference: The 10 Core Competencies of Trauma, PTSD, Grief and Loss and Evidence-Based Trauma Treatments and Interventions Seminar. January 14-15. Jackson, Mississippi (USA).
- 20<sup>th</sup> National Congress of the Italian Society of Psychopathology. February 23-26. Milano, Italy.
- International Conference on Education, Language and Psychology (ELAP). February 24-25. Deira, Dubai.
- Dialectical Behaviour Therapy: Basics and Beyond and Advanced Dialectical Behaviour Therapy Seminar. Mach 15-16. Albuquerque, New York (USA).
- NZCCP Conference: Diversity in Clinical Practise. April 9-10. Wellington, New Zealand.
- 18<sup>th</sup> International Conference on Existential Psychology (ICEP). April 19-20. Istanbul, Turkey.
- 18<sup>th</sup> International Conference on Behavioral and Educational Psychology (ICBEP). May 19-20. Berlin, Germany.
- 10<sup>th</sup> Annual International Conference on Psychology. May 23-26. Athens, Greece.
- 18<sup>th</sup> International Conference on Psychology and Pharmacology (ICPP). May 26-27. Barcelona, Spain.
- Advanced Trauma Life Support (ATLS) Provider Programme. June 20-22. Poole, England.
- American Psychological Association (APA) Summit on National Assessment of Psychology. June 21-25. Green Bay, Wisconsin (USA).



# ACKNOWLEDGMENTS

---