



Pavilion Publishing and Media

New and Coming Soon Catalogue 2020



Pavilion Publishing and Media

Professional development to help change lives



Welcome to Pavilion Publishing's new and coming soon catalogue for 2020

We are committed to making a positive difference through the forward-thinking and effective professional resources we publish for the health and social care sectors.

This year we will be launching a number of new and innovative publications written by authors with extensive expertise and knowledge in their chosen field. Take a look through the catalogue to see a selection of our newest titles launching for 2020, and details of where you can find more information about them.

Luminate is an exciting new Pavilion imprint offering a wide range of titles on psychology, psychotherapy, mental health, education and well-being for professional and personal development. Look out for the Luminate logo on titles throughout this catalogue.



Highlights include The Acceptance and Commitment Therapy (ACT) Diary 2021 (p. 16), Positive Psychology in Business (p. 17), Mindful Parenting (p. 18), Mental Health and Wellbeing in Primary Education (p. 19), Assessment for Dyslexia (p. 20) and the How to Help series (p. 21).

Write for us

Want to become a Pavilion author?

We are always looking to work with new academics, service provider organisations, practitioners, trainers and individuals with lived experience.

If you are an expert in your field and would like to share your knowledge of a topic you are passionate about please get in touch or for further information visit: www.pavpub.com/write-for-us

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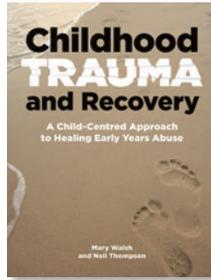
Non-violent Resistance Innovations in Practice

A handbook for anyone working with carers and parents of children and young people who show violent or challenging behaviours

Elisabeth Heismann, Julia Jude and Elizabeth Day

This multi-contributor, multi-faceted book takes a comprehensive look at Non-violent Resistance (NVR) and New Authority techniques from theory through to practice. The views and experiences of academics and front-line practitioners are interlinked throughout to provide professionals with an in-depth look into the past, present and future of NVR and its related approaches. The book will benefit professionals who wish to develop their knowledge and practice, academics and students in related fields.

£35.00 | 200pp | Paperback | 9781912755080 | Feb 2019



Childhood Trauma and Recovery

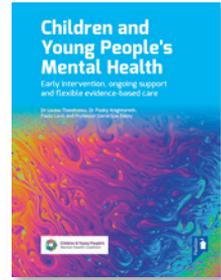
A child-centred approach to healing early years abuse

Mary Walsh, Neil Thompson

For many years it was assumed that children who had been sexually abused would recover if removed from the perpetrator's grasp and placed in loving, supportive care. The pioneering work of Mary Walsh and her colleagues has shown that the reality is far more complex. We are now more attuned to the significance of trauma and the dangers of not recognising its impact on young people.

This book reviews the work that has been done to promote better-informed approaches to tackling the effects of abuse-related trauma. It develops a clear, helpful picture of the philosophy on which Mary Walsh's work has been based, the impact it has had on theory and practice and the lessons that can be learned. Drawing on decades of experience, the authors expose the challenges of caring for children who may be highly sexualised by abuse and show how, by ensuring that survivors feel safe, building their trust and learning to communicate with them effectively, practitioners can begin the process of actively helping them to heal.

£27.95 | 270pp | Paperback | 9781912755554 | Sep 2019



Children and Young People's Mental Health

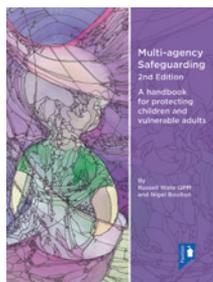
Early intervention, ongoing support and flexible evidence-based care

Dr Louise Theodosiou, Dr Pooky Knightsmith, Paula Lavis, Professor Dame Sue Bailey

The mental health of children and young people is of increasing concern to us all. Formerly entitled 'Child and Adolescent Mental Health Today', this new edition has been substantially updated and extended to reflect contemporary issues and approaches, and to focus on early intervention, ongoing support and evidence-based care. It introduces the subject to the wide array of frontline workers in health, education, social services and youth justice who have regular contact with children and young people and need some knowledge of the mental health issues that affect them, and the services available.

£35.00 | 300pp | Paperback | 9781912755400 | Dec 2019





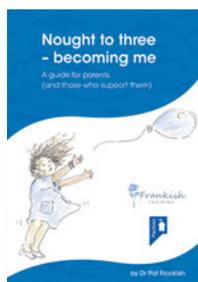
Multi-agency Safeguarding (2nd edition)

A handbook for protecting children and vulnerable adults

Russell Wate QPM, Nigel Boulton

This long-awaited second edition of our best-selling book has been fully updated by its expert editors, both former police officers and current specialist consultants in safeguarding. It has been considerably expanded to include new legislation and guidance (including full compliance with Working Together 2018), as well as to tackle contemporary issues that are of much concern to workers in today's safeguarding arena, such as lived experience of children; gangs and county lines; unaccompanied minors; private fostering; modern slavery; edge of care and transitioning; young carers; GDPR; safeguarding in non-statutory settings; and harmful cultural practices. It introduces for the first time the subject areas of 'children living in special circumstances' and contextual safeguarding (risk beyond the family), as well as drawing greater focus on the importance of Early Help provision.

£35.00 | 350pp | Paperback | 9781912755387 | Dec 2019



Nought to three – becoming me

A guide for parents (and those who support them)

Pat Frankish

An illustrated, colour booklet for parents (and those who support them) to help navigate their way through the first three, vital years of their child's emotional development and lay the foundations for a stable core self that will take them through the rest of their lives. Drawing on the author's extensive experience of working with distressed and traumatised individuals for whom this has not happened, the booklet explains the essential stages of emotional development, what can go wrong, and what is required to provide a nurturing environment within which the child can flourish.

£5.95 | 48pp | Paperback | 9781912755806 | Nov 2019



Whose Tune Are We Dancing To Anyway?

A guide to parent participation in Non-violent Resistance (NVR) for parents, carers and professionals

Deborah Frimpong, Sarah McClay, Louise Wyvill and Elisabeth Heinmann

Parent participation in Non-violent Resistance (NVR) is an evidence-based model of practice developed by author Elisabeth Heismann and colleagues that uses principles of NVR to help carers resist violent and out of control behaviours and to establish a warm, loving and containing parental presence with their children. In this unique book, three parents with lived experience of using NVR and a family therapist who has used the approach extensively, demonstrate the experience and positive impact of parent participation in NVR in one of London's most polarized boroughs in terms of the distribution of wealth and deprivation, where gang problems, knife crime and child sexual exploitation are rife. The challenges they have faced represent issues many families experience in the UK and beyond, where young people, families and communities can feel judged and pathologized as 'bad' and consequently do not voluntarily access existing social care, mental health and educational services, or want to 'dance to their tune'.

£24.95 | 100pp | Paperback | 9781913414221 | May 2020



Supporting People with Intellectual Disabilities to Have a Good Life as They Grow Older

A training pack

Christine Towers

These new resources address a significant gap in the knowledge and practice of supporting people with learning disabilities as they grow older. Both aim to help staff and others to improve their understanding of how growing older may affect individuals, and ways of providing good support to people with learning disabilities so that they can age well through staying healthy, keeping friendships and connections and adapting their lifestyle as necessary; cope with challenges and difficulties they may face, particularly as they become frailer and lose some independence.

Through knowledge content, exercises, key learning points and video clips of older people with learning disabilities talking about their experiences of growing older, the materials will help support staff to explore how planning for and providing good support can make a positive difference to individuals' lives in key areas.

£95.00 | 85pp | Ring Bound with Paperback | 9781912755608 | Feb 2020



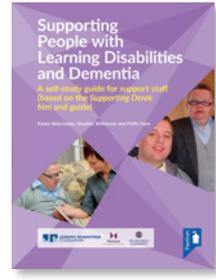
Supporting People with Intellectual Disabilities to Have a Good Life as They Grow Older

A self study guide

Christine Towers

Supporting People with Intellectual Disabilities to Have a Good Life as They Grow Older is a new self-study guide designed to both support the delivery of training via the companion training pack, but can also be purchased separately to provide a self-study route. With access to online video clips, the guide works through the same content in order to provide opportunities for support staff to learn at their own pace and to enhance their continuing professional development in this vital area.

£15.95 | 65pp | Paperback | 9781912755516 | Nov 2019



Supporting People with Learning Disabilities and Dementia

Self-study guide for support staff (based on the Supporting Derek film and guide)

Karen Watchman, Heather Wilkinson and Philly Hare

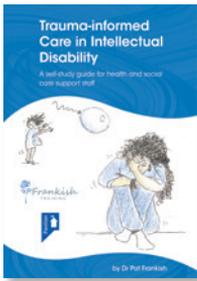
This study guide provides a complete self-study route, with colour diagrams and photos, up-to-date references and further reading, and online access to the Supporting Derek film.

Contents include:

- > Learning disability and dementia
- > Understanding behaviour
- > Developing supportive and meaningful environments
- > Responding to pain
- > Effective communication
- > Meaningful activities
- > When a friend has dementia
- > Eating and drinking
- > Night-time care
- > Advanced dementia

£15.95 | 99pp | Paperback | 9781912755073 | Nov 2018





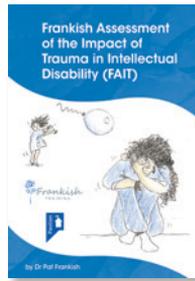
Trauma-informed Care in Intellectual Disability

A self-study guide for health and social care support staff

Pat Frankish

This guide is designed for self-study by individuals and teams. It is equivalent to level 2 learning and is based on a training course that can be accessed from Frankish Training (www.frankishtraining.co.uk). The guide covers the main topics of trauma informed care via the theoretical positions of key researchers who have worked in either the field of psychotherapy or disability or both. It brings together these bodies of knowledge so that support staff can identify stages of emotional development and plan interventions for the benefit of the person with intellectual disabilities. There are 'Stop and think about' opportunities throughout the guide to help the staff member or team apply the content to their experiences.

£15.95 | 88pp | Paperback | 9781912755790 | Nov 2019



Frankish Assessment of the Impact of Trauma in Intellectual Disability (FAIT)

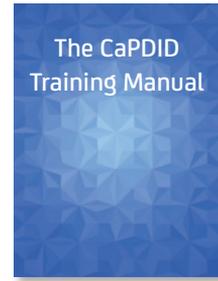
Pat Frankish

The FAIT is a simple assessment tool that helps staff working with people with intellectual disabilities to determine the level of emotional development of the distressed individual, thereby allowing for an intervention to be provided at the right level within an emotionally nurturing environment.

Based on a 40 minute observation of an individual, and accompanying gradings, the FAIT tool enables identification of the stage of emotional development at which the person's development has become arrested. Once this is established, it becomes possible to work out what kind of interventions will be appropriate to address their emotional needs.

The expectation is that individuals who follow this manual will be able to effectively allocate a stage to the person they are assessing and be able to design an appropriate intervention, following up with a reassessment as the intervention progresses. Work with the specific trauma will usually happen in individual or group therapy.

£75.00 | 62pp | Spiral Bound | 9781912755813 | Nov 2019



The CaPIDID Training Manual

A trauma-informed approach to caring for people with a personality disorder and an intellectual disability

Jo Anderson, Dr Max Pickard, Emma Rye

This distinctive training manual enables facilitators who already have some level of understanding of psychodynamic concepts to help support staff better understand the people they care for in the context of their histories of trauma, and their own emotional and behavioural responses. It offers professionals who are called on to support services (psychologists, psychiatrists, psychotherapists, nurses, occupational therapists etc) a standardised way of training and educating care staff in thinking about how best to provide support and a safe and supportive service to some of the most challenging clients.

£75.00 | Spiral Bound | 9781912755844 | Mar 2020

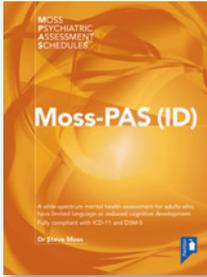


The Moss Psychiatric Assessment Schedules

The new, updated and re-branded Moss-PAS are the successors to the well-known PAS-ADD) Psychiatric Assessment Schedules.

Since the original Psychiatric Assessment Schedules for adults with developmental disabilities, Dr Steve Moss has trained several thousand people in their use around the world and continued to develop new assessments.

The result of this 30 years of development is a set of psychiatric assessments of excellent quality and ease of use. The series now includes versions for adults and children, both with intellectual disability and of normal development.



Moss-PAS (ID)

A wide-spectrum mental health assessment for adults who have limited language or reduced cognitive development. Fully compliant with ICD-11 and DSM-5 (formerly known as Mini PAS-ADD)

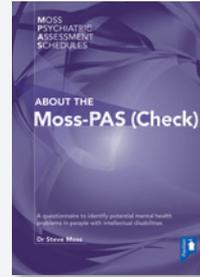
Dr Steve Moss

The Moss-PAS (ID) provides a wide-spectrum mental health assessment primarily designed for clients who have limited language or reduced cognitive development. It is not a screening tool but is a sophisticated assessment that uses a glossary of symptom definitions to guide the coding. Precise definitions of symptom severities give a high level of reliability, making it an excellent choice for measuring change, for example in response to treatment. Information from the Moss-PAS (ID) is also ideal for providing precise information on symptoms when conducting a full case formulation and diagnosis. The Moss-PAS (ID) can be used by staff who do not have a background in psychiatry or psychology. However, all users should receive appropriate training (available from Steve Moss, info@pasadd.co.uk).

The Moss-PAS (ID) can be used to collect symptom information directly from an informant via a semi-structured interview procedure or can be completed by trained staff members on the basis of knowledge already possessed about the individual. The glossary definitions appear adjacent to their relevant interview questions, making it easy for the interviewer to keep the guidelines in mind while conducting the conversation. Question wordings have been refined over many years to provide a flexible yet precise and economical way of guiding the interviewer to determine presence and severity of symptoms.

Handbook

£179.95 | 80pp | Spiral Bound |
9781912755202 | Feb 2019



Moss-PAS (Check)

A questionnaire to identify potential mental health problems in people with intellectual disabilities (formerly known as PAS-ADD Checklist)

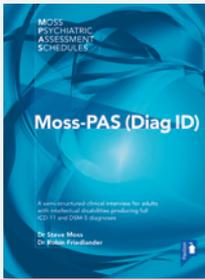
Dr Steve Moss

Moss-PAS (Check) is a 25-item questionnaire, written in everyday language, for use primarily by care staff and families who are best placed to notice changes in the behaviour of the people they support. It is designed to record the presence of a range of problems, all of which may be part of a psychiatric condition.

The Checklist aims to help staff and carers to identify potential mental health problems and decide whether a further assessment of an individual's mental health may be helpful.

Packs of 20

£60 | 12pp | Paperback |
9781912755301 | Apr 2019



Moss-PAS (Diag ID)

A semi-structured clinical interview for adults with intellectual disabilities producing full ICD-11 and DSM-5 diagnoses. Fully compliant with ICD-11 and DSM-5 (formerly known as PAS-ADD Clinical Interview)

Dr Steve Moss, Dr Robin Friedlander

The Moss-PAS (Diag ID) is semi-structured clinical interview with separate sets of questions for patients and informants. It is primarily designed for people who have enough language to give at least some verbal contribution to an interview, but can also be used as an informant-only interview. It has been developed from the well-known PAS-ADD 10 Psychiatric Interview and PAS-ADD Clinical Interview, but has been completely updated and re-designed on the basis of more than twenty five years' experience of training users around the world.

The Moss-PAS (Diag ID) is probably the most sophisticated patient interview that is globally available for people with intellectual disability, and for those who have limited language skills. It is also suited to research studies, and for any routine clinical assessment requiring a precise evaluation of symptoms.

Manual

£225.00 | 170pp | Spiral Bound |
9781912755318 | Feb 2020

Score Forms (packs of 20)

£70.00 | 24pp | Paperback |
9781912755592 | Feb 2020

Moss-PAS (ChA)

A mental health assessment of children and adolescents across the full developmental spectrum. Fully compliant with ICD-11 and DSM-5 (formerly known as The ChA-PAS Interview)

Dr Steve Moss, Dr Robin Friedlander, Dr Pauline Lee

The Moss-PAS (ChA) is for mental health assessment of children and adolescents across the full developmental spectrum, including intellectual disability. Like the MPAS-ID, the Moss-PAS (ChA) uses a scoring system that provides a single score for each of the diagnostic constellations, each of the constellations having a corresponding threshold. If the child or young person reaches or exceeds the threshold it is probable that they warrant a diagnosis in that constellation. However, a strong emphasis is placed on the importance of expert clinical judgement when interpreting the scores in relation to other pieces of information, e.g. history, environment, and family factors.

The Moss-PAS (ChA) provides a semi-structured interview format in which the young person may contribute to whatever degree they are able, or it may be conducted by informant interview only. Question wordings, symptom definitions and glossary notes were developed by clinical experts from Canada and the UK. Updated from the original ChA-PAS Interview, all necessary symptoms for ICD-11 and DSM-5 diagnoses are included.

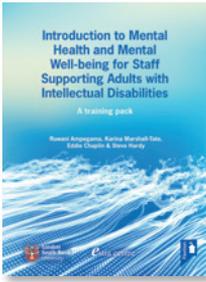
Assessment manual

£179.95 | 90pp | Spiral Bound |
9781912755233 | Feb 2020

Score forms (packs of 20)

£70.00 | 16pp | Paperback |
9781912755356 | Feb 2020





Introduction to Mental Health and Mental Well-being for Staff Supporting Adults with Intellectual Disabilities

A training pack

In association with The Estia Centre, London South Bank University and Oxleas NHS Foundation Trust

Ruwani Trabelsi, Karina Marshall-Tate, Eddie Chaplin, Steve Hardy

Introduction to Mental Health and Mental Well-being for Staff Supporting Adults with Intellectual Disabilities training resource and accompanying guide has been developed for a range of care and support staff who work with adults with intellectual disabilities and provides a full day's training. It aims to provide learners with an understanding of the mental health needs of this population and to promote mental health and wellbeing.

Introduction to Mental Health and Mental Well-being for Staff Supporting Adults with Intellectual Disabilities will also be of value to clinicians and support professionals relatively new to either mental health or learning disability, as well as students undertaking relevant courses.

The training pack includes one copy of the guide.

Training pack

£65.00 | 55pp | Spiral Bound with booklet | 9781912755417 | Feb 2020

Guide

£12.95 | 100 pp | Booklet | 9781912755417 | Mar 2019



People with Intellectual Disabilities Hear Voices Too

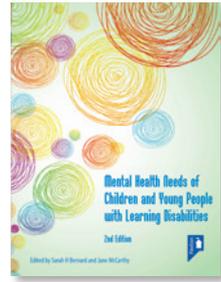
Understanding and adapting best practice to support people with intellectual disabilities who hear voices that others cannot hear – a self study guide

Dr John Cheetham, Dr Nina Melunsky

People with Intellectual Disabilities Hear Voices Too is a unique publication that aims to address a gap in understanding the experiences of people with intellectual disabilities who hear voices, and how best to offer support in practical, person-centred ways. It draws on best practice guidance on psychosis and also learning disability from NICE and from the British Psychological Society.

The self-study guide covers current knowledge on evidence-based theories of understanding voice-hearing, as well as common ways of understanding these experiences as described by voice-hearers, included in supportive video footage.

£29.95 | 100pp | Paperback | 9781912755509 | Nov 2019



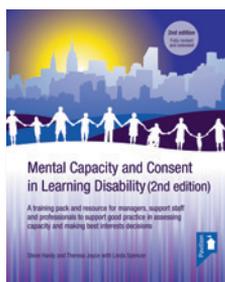
Mental Health Needs of Children and Young People with Intellectual Disabilities 2nd edition

Jane McCarthy, Sarah H Bernard

Originally entitled 'Mental Health Needs of Children and Young People with Learning Disabilities', this new edition focuses on the care and support of those with moderate and severe learning disabilities (intellectual disabilities). In addition to bringing the content fully up to date, the editors, both longstanding experts in this field, have commissioned the most experienced contributors to address new topics such as gender issues and mental health in education. The importance of developing evidence-based practice is a key theme of the book, acknowledging its key role in helping professionals and practitioners to be able to provide high-quality personalised care for children and young people with intellectual disabilities who have mental health needs.

£35.00 | 300pp | Paperback | 9781912755493 | Sept 2020





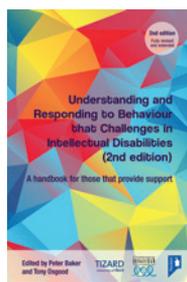
Mental Capacity and Consent in Learning Disability (2nd edition)

A training pack and resource for managers, support staff and professionals to develop good practice in assessing capacity and making best interest decisions

Steve Hardy and Theresa Joyce with Linda Spencer

This best-selling training pack and resource has been updated and extended since the first edition (entitled 'The Mental Capacity Act and People with Learning Disabilities'). It has been specifically written to support health and social care professionals in understanding the relevant legislation, in particular the Mental Capacity Act (2005) and Deprivation of Liberty guidelines, how it specifically relates to people with learning disabilities, and the roles and responsibilities of those supporting and working with individuals. The aim is to develop good practice in defining and assessing capacity and making best interest decisions, while safeguarding the rights of and empowering people with learning disabilities. The new edition now covers areas that have developed since the Act was first introduced and resources that were not available at the time the first edition was published.

£95.00 | 75pp | Ring Bound | 9781912755226 | Sept 2020



Understanding and Responding to Behaviour that Challenges in Intellectual Disabilities

A handbook for those who provide support

Peter Baker, Tony Osgood

The book is split into four sections, each representing a crucial step in understanding behaviour that challenges. Part 1 presents fundamental approaches to thinking about and responding to behaviour that challenges. Part 2 is all about trying to understand the messages underpinning the behaviour. Part 3 is about putting into action the knowledge gained through exploring and assessment. Part 4 is reflective in nature and considers the real experiences arising from supporting people whose behaviour challenges and the implications.

The new edition is a complete revision and updating of content, aiming to address key knowledge requirements and concerns of people working in the field, with opportunities for reflection and professional development. The content is illustrated by case studies to help the reader explore how to best to address issues in practice.

£35.00 | 275pp | Paperback | 978191128956 | Jun 2019



Let's Talk About Sex

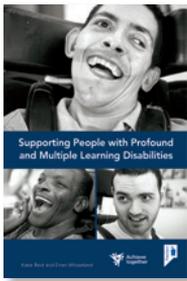
Sexual Health Education Programme Manual for Groups and Individuals with Intellectual Disabilities

Dr Hannah Carton and Dr Sarah Ashworth

'*Let's Talk About Sex*' is a much-needed resource for providing information to groups and individuals with intellectual disabilities in order that they are aware of the risks and intricacies of sexual health, sexual relationships and all that goes with this. This need may arise during adolescence, following a period away from the community (e.g. hospitalisation, incarceration) or later in life. The manual provides a sexual health education programme that can be used with adolescents and adults with intellectual disabilities. Its detailed guidance and resources can be used to run a group programme delivered as individual stand-alone sessions, in a pick and mix style, or as a 16-week programme, according to the needs of those attending. It can also be used as a basis for working with individuals on sexual health matters.

The programme covers topics including physiology, puberty, personal hygiene, health screening, sexual orientation and gender identity, dignity and respect, sexual education, consent, relationships, and exploitation. Sessions use a range of learning methods with printable resources and can be adapted to meet the learning needs of participants. Guidance is provided to facilitators and support staff on supporting individuals pre- and post-sessions.

£65.00 | 275pp | Training Pack | 9781913414214 | July 2020



Supporting People with Profound and Multiple Learning Disabilities

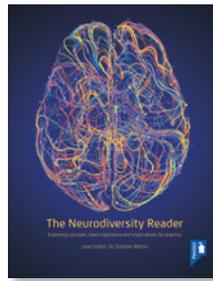
A self-study guide

Erren Wheatland, Katie Reid

The self-study guide includes key knowledge, case studies, reflective exercises, learning points and links to video clips to enable staff to study at their own pace as part of their continuing professional development or to support any qualifying training in the field. A copy of the self-study guide is included in the training pack, but the guide can also be purchased as a separate publication.

Self-study guide

£15.95 | 88pp | Paperback | 9781912755615 | Nov 2019



The Neurodiversity Reader

Dr Damian Milton, Dr Dinah Murray, Dr Susy Ridout, Prof Nicola Martin, Richard Mills

The Neurodiversity Reader collection will bring together work from pioneering figures within and beyond the neurodiversity movement to critically explore its associated concepts and how they might be translated into practice. The concept of neurodiversity can be traced to the late 1990s and the work of the autistic Australian sociologist Judy Singer (1998), with its origins within the autistic rights movement that had begun in earnest some years prior to that. In the 20 years since the inception of the concept, a strong international movement championing the civil rights of those deemed 'neurodivergent' from idealised norms has grown, rallying behind the slogan 'Nothing about us without us'. Alongside this political movement has been an increasing academic interest in the concept of neurodiversity and how such ideas can relate to practice and service provision.

This collection will explore the history of the movement, the concepts that have shaped it, and where the future might lead to. Through a variety of accounts, the relevance and criticisms of these concepts in understanding ourselves and one another will be examined, as well as implications for practice.

£35.00 | 285pp | Paperback | 9781912755394 | Mar 2020



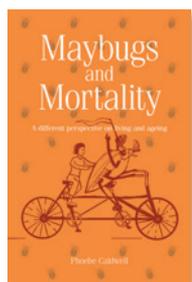
Sex and Relationships Education for Young People and Adults with Intellectual Disabilities and Autism

Dr Kelly C Asagba, Professor Jan Burns, and Dr Sophie Doswell

This publication provides practical guidance for professionals working with, and parents or carers of, people with co-occurring autism and intellectual disabilities, on how to deliver and adapt sex and relationships education. It provides the resources and guidance needed to provide education tailored to support young people and adults to manage intimate relationships, acknowledging not only the characteristics of both conditions, but also how they interact. Based on the authors' research study drawing on the extensive experience of practitioners working in this area, as well as the authors' own clinical and educational expertise, it aims to provide professionals, carers and parents with the knowledge and skills to best prepare for and meet the unique educational needs of this population. Needs might include difficulties with learning, social communication, sensory sensitivities, interpreting subtleties in body language and social cues, and understanding the complex social rules involved in different relationships.

£35.00 | 120pp | Spiral Bound | 9781912755523 | Aug 2019





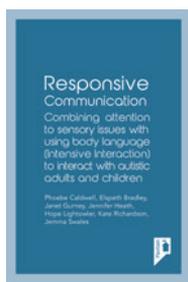
Maybugs and Mortality

A different perspective on living and ageing

Dr Phoebe Caldwell

Phoebe Caldwell, pioneer of responsive communication with autistic people, has spent a lifetime understanding and responding to barriers and challenges in communication between individuals, enabling autistic children and adults to engage with a world that is sensorily confusing. In this fascinating and diverse book, she draws on her work, personal experience and scientific advances in psychology and neurobiology to consider key aspects of the shared life-cycles and mortality of maybug and human. From this unique perspective, she examines themes such as consciousness, self-awareness and the need to reach out beyond ourselves in order to find confirmation and understanding. A fascinating and informative read of interest to anyone interested in human behaviour, psychology and autism.

£15.95 | 150pp | Paperback | 9781912755219 | Apr 2019



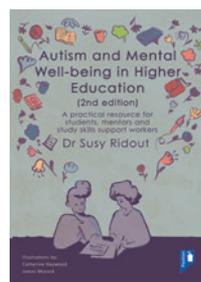
Responsive Communication

Combining attention to sensory issues with using body language (intensive interaction) to interact with autistic adults and children

Phoebe Caldwell, Elspeth Bradley, Janet Gurney, Jennifer Heath, Hope Lightowler, Kate Richardson and Gemma Swales

Responsive Communication is a ground-breaking book which has been put together by a team of authors led by Phoebe Caldwell, who during her long-time practice in this field has found some unique paths to achieving deep and meaningful engagement with autistic people and people with profound and multiple learning disabilities. The book explains how to communicate with children and adults who are struggling to understand and articulate speech using Responsive Communication. Responsive Communication combines Intensive Interaction (using people's body language to communicate) with attention to sensory issues, to encourage effective emotional engagement and reduce behavioural distress.

£21.95 | 250pp | Paperback | 9781912755363 | Jul 2019



Autism and Mental Well-being in Higher Education (2nd edition)

A practical resource for students, mentors and study skills support workers

Dr Susy Ridout

Too often, autistic students and those with mental health needs struggle within higher education, often dropping out of courses because they do not receive the informed support that would help them to succeed. This much-needed manual addresses the provision of effective support via mentoring in order to build students' confidence and enable them to take control of their lives. Its aim is to help students maximise the opportunity provided through the mentoring and academic study skills hours available to them. In addition, the manual and the tools it contains provide a starting point for all mentors and support staff to help students navigate their way through what can be a very confusing, anxious and challenging time.

Following the success of the first edition of this book new chapters have been added to reflect diversity and to acknowledge the prevalence of sexual violence on campus.

£35.00 | 210pp | Paperback | 9781913414016 | Dec 2019



Learning from Practice

A new series of training manuals with online resources

Edited by Dr Neil Thompson

This exciting new series of learning and development manuals brings together a team of highly experienced writers, practitioners and learning facilitators with series editor Neil Thompson, a well-respected author and educator. Together, they ensure that these manuals offer an effective way of bridging academic content with the challenging world of practice. As such, they will be invaluable for training presenters and tutors wanting to host events addressing the important range of issues covered by each manual.

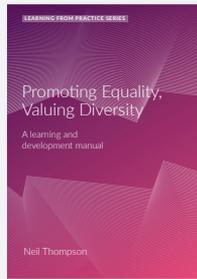


Tackling Bullying and Harassment in the Workplace

Neil Thompson

Bullying and harassment continue to be major problems in the modern workplace. This manual provides the basis for the training of staff and managers to recognise, respond to and prevent bullying and harassment. Topics include understanding bullying and harassment, the law, resisting the bully, positive leadership, sexual, racial and other forms of harassment, dangerous organisations, policy and practice, taking staff care seriously.

£45.00 | 100pp | Spiral Bound | 9781912755424 | Jun 2019

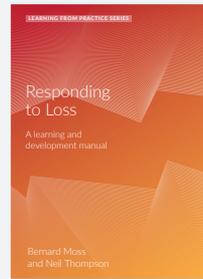


Promoting Equality, Valuing Diversity

Neil Thompson

The challenge of developing forms of practice that are effective in tackling discrimination and oppression remains a major one. In Promoting Equality, Valuing Diversity, internationally renowned author Dr Neil Thompson explores a wide range of issues relating to equality and diversity. Topics include the case for equality and diversity, understanding and challenging discrimination in relation to age, race and ethnicity, gender, sexual orientation, disability and religion.

£45.00 | 100pp | Spiral Bound | 9781912755431 | Jun 2019



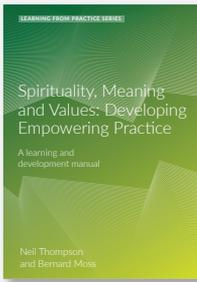
Responding to Loss

Bernard Moss and Neil Thompson

Responding to loss can often present major difficulties, not only for the people directly affected, but also for care professionals across wide spectrum of settings. Despite the significance of these issues, the subject matter is often neglected. This manual helps to put that right by offering trainers and tutors a basis of understanding loss and grief and how best to respond. Topics include the dual process model, the idea of stages, tasks of grief, the role of culture, ritual, religion and spirituality, loss and the workplace, difficult and complicated grieving and finding new meanings.

£45.00 | 100pp | Spiral Bound | 9781912755448 | Jun 2019



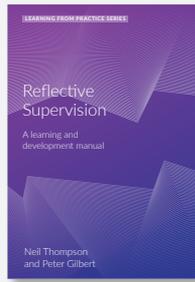


Spirituality, Meaning and Values

Neil Thompson, Bernard Moss

There is much talk these days about empowerment, but generally very little by way of practical guidance as to how to put the ideas into practice. By focusing on the key roles of spirituality, meaning and values in practice, this manual offers training resources to help participants make empowerment a reality. Topics include the importance of values, the power of language, finding meaning in life and work, understanding the place of religion and spirituality.

£45.00 | 100pp | Spiral Bound | 9781912755455 | Jun 2019

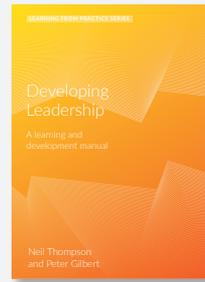


Reflective Supervision

Neil Thompson, Peter Gilbert

The supervision of staff is an essential part of effective people management. The quality of supervision can be the difference between acceptable and unacceptable practice at one level and between good and excellent practice at another. Reflective Supervision offers an excellent grounding in the understanding and practice of reflective supervision. Topics include setting the context, promoting anti-discriminatory practice, preparing for supervision, making supervision work, developing reflective practice, recording, giving feedback, providing support, managing poor performance, mediating and trouble shooting.

£45.00 | 100pp | Spiral Bound | 9781912755462 | Jun 2019

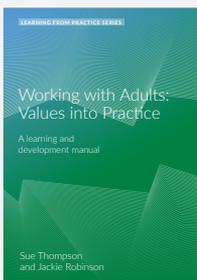


Developing Leadership

Neil Thompson, Peter Gilbert

Leadership has been a hot topic for some time now, but unfortunately it is subject to a number of common misunderstandings and oversimplifications. In Developing Leadership, the authors enable you to benefit from their experience and expertise in clearing away the misunderstandings and helping participants to get to grips with what leadership is really all about. Topics include understanding leadership, styles of leadership, personal and professional values, creating an effective culture, self-awareness, motivation and obstacles to leadership.

£45.00 | 100pp | Spiral Bound | 9781912755479 | Jun 2019



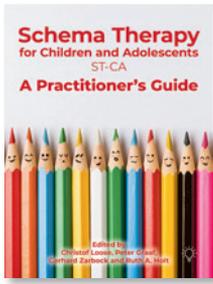
Working with Adults: Values into practice

Sue Thompson, Jackie Robinson

The importance of child-centred practice as a key part of the value base of working with children and young people is well established. But what about working with adults? How do values make a positive difference? By providing a sound base of understanding and best practice, the authors give trainers and tutors an excellent tool for promoting learning in this area. Topics include promoting dignity – what it means in practice, working in partnerships with service users and carers, legal and moral issues, listening skills, rights and risks, assessment and partnership, continuing professional development and staff care, discrimination and oppression, language sensitivity and workplace culture.

£45.00 | 100pp | Spiral Bound | 9781912755486 | Jun 2019





Schema Therapy for Children and Adolescents

A practitioner's guide

Christof Loose, Peter Graaf, Gerhard Zarbock and Ruth A. Holt

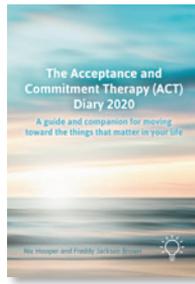
A pioneering guide to adapting schema therapy for children and young people.

Schema therapy is an integrative approach to psychotherapy that combines aspects of cognitive, behavioural, psychodynamic, attachment and gestalt models. It stresses the early origins of many psychological problems, identifying self-defeating emotional and cognitive patterns that develop in childhood and are reinforced through life. The approach has quickly gained popularity for its high success rates over relatively brief courses of treatment.

This is the first English book to instruct therapists in the adaptation of Schema Therapy for young people. It describes a wide range of innovative child- and parent-specific techniques, with detailed information on how to apply them across five key stages from infancy to young adulthood. Guidance is provided on how to enact age-appropriate schema dialogues, and how to use play to reinforce or replace imagery rescripting. Case studies bring the material to life.

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£34.95 | 388pp | Paperback | 9781912755820 | May 2020



The Acceptance and Commitment Therapy (ACT) Diary 2021

A guide and companion for moving toward the things that matter in your life

Nic Hooper, Freddy Jackson Brown

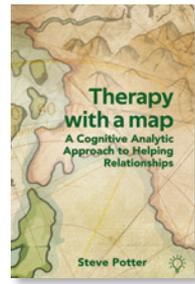
A tool for putting values centre stage in your own or your client's life

Life is often busy, demanding and full of challenges that can cause us to lose sight of what really matters. Perfect for anyone seeking to live a life aligned to their values, *The ACT Diary 2020* combines space for reflection and inspirational quotations with gentle guidance on staying true to what really matters. It is especially helpful for those engaged in Acceptance and Commitment Therapy; however, the principles are relevant to anyone seeking to better connect with their thoughts and feelings and pursue an authentic life.

Values clarification exercises at the outset help users choose the directions they want to pursue. Then, accessible weekly pieces explore aspects of psychological flexibility, present helpful metaphors, and suggest exercises that will help identify issues and record goals. Reflection spaces offer regular opportunities to review thoughts, identify barriers and track progress.

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Therapy with a Map

A cognitive analytic approach to healing relationships

Steve Potter

A cognitive analytic approach to improving outcomes using word maps

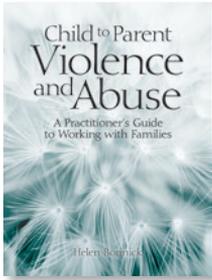
The book takes readers on a journey inside the therapeutic relationship. It introduces mapping – the physical capture of key words and phrases in a conversation on paper between therapist and client – as part of the therapeutic process. Putting words down on paper makes them visible and real and helps with remembering; linking them with arrows reveals patterns of relating and creates a theatre for therapeutic healing and change.

Part One formulates a relational approach to therapy based on mapping. It describes methods of mapping and the mechanisms of change that can arise from them, and explores the dynamics of working together to develop relational awareness using words, stories and writing. Case examples illustrate how technical and theoretical concepts work in practice. With these foundations in place, Part Two walks readers through the stages of a relational therapy. What do we need to do to get off to a good start? How can we keep on track and maintain momentum? How do we manage a temporary pause in therapy? And what does it mean to say goodbye?

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Child to Parent Violence and Abuse

A practitioner's guide to working with families

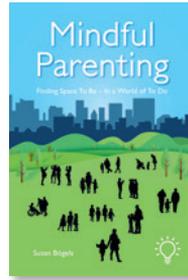
Helen Bonnick

Child to parent violence and abuse (CPVA), where a child uses verbal, psychological, physical or financial means to gain control over a carer, is a much misunderstood problem that affects millions of families, yet presents serious challenges to practitioners and support services. With this book Helen Bonnick shares the knowledge that she has built up over many years specialising in CPVA as a social worker, practice educator and researcher.

After a discussion of definitions and meanings, the book progresses through information about prevalence, profile and impact before offering concrete support in developing a response. Each chapter includes real life examples and testimony from those who have faced CPVA and survived. Placing the real lives of families centre stage, *Child to Parent Violence and Abuse* brings this complex issue out of the shadows and provides urgently needed guidance to practitioners asking the question 'But what do I actually DO?'.

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£29.95 | 268pp | Paperback | 9781912755257 | May 2019



Mindful Parenting

Finding space to be – in a world of to do

Susan Bögels

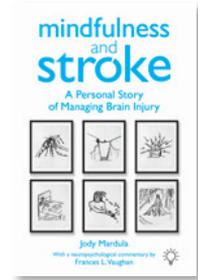
An inspirational guide for moving from reactive to mindful parenting

Sometimes being a parent can seem like one long to-do list: taking the children to and from school and clubs, arranging babysitters, feeding them and putting them to bed. Parents can feel trapped in a straitjacket of tasks, all of which prevent them spending quality time with their children. Professor Susan Bögels has researched this subject for over twenty years. Now, for the first time, she shares her expertise and her own parenting experiences with a general audience.

In a series of accessible chapters, *Mindful Parenting* shows how to balance 'doing' and 'being' modes when interacting with children – and how to notice automatic reactions and respond more appropriately in parenting situations. The author also explains how to deal with stress, conflict and guilt, and how to cultivate conscious, unbiased attention in a simple way. Together, the chapters form an 11-week course in mindful parenting, supported by simple exercises and audio meditations.

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£18.95 | 114pp | Paperback | 9781912755769 | Feb 2020



Mindfulness and Stroke

A personal story of managing brain injury

Jody Mardula, with a neuropsychological commentary by Frances L. Vaughan

The first book to explore the benefits of mindfulness for stroke survivors

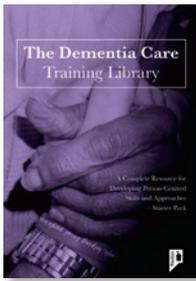
This book was written over several years following a life-threatening stroke. At the time, Jody Mardula was Director of a world-renowned mindfulness centre at Bangor University. The stroke – along with a second two years later and a subsequent diagnosis of vascular dementia – impacted Jody both physically and psychologically. Mindfulness was key to how she managed these events. In this book, she shares her experiences in order that others might learn from her personal journey and benefit from the ways in which she adapted easy-to-learn mindfulness techniques to help her face life challenges and look to the future.

Jody's highly personal account is balanced by a neuropsychological commentary from her friend and colleague Frances Vaughan. Frances adds 'Neuro Notes' to each of Jody's chapters, and contributes a set of chapters of her own looking at the neuropsychology of brain injury – how it impacts areas like attention, memory, planning self-identity and the wider family.

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£19.95 | 220pp | Paperback | 9781912755868 | Mar 2020





The Dementia Care Training Library

A complete resource for developing person-centred skills and approaches – starter pack

Sarah Mould, Timothy Forester-Morgan

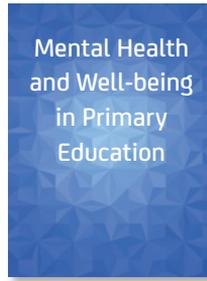
Dedicated training materials for helping staff develop person-centred care skills

The Dementia Training Library is an exciting new project designed to provide distinctive, contemporary training materials across a wide range of dementia-specific topics. These have been chosen to relate directly to the learning needs of staff working in a range of environments, including those dedicated to dementia care and those where people with dementia are cared for alongside people with other needs. The materials will help learners to develop and maintain person-centred care practice.

The Starter Pack provides users with a master ring binder and two core modules of content: 'Dementia Awareness' and 'Understanding Behaviour Viewed as Challenging in Dementia Care'. Over time, further discretionary modules will become available in areas such as communication, sexuality, teamwork, the physical environment and quality of life, enabling trainers to build a customised library of the content they need to meet the needs of learners and the people they care for.

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£95.00 | 120pp | Ring Bound | 9781912755530 | J Sept 2020



Mental Health and Well-being in Primary Education

A practical guide and resource

Laura Meek, Joanna Phillips, Sarah Jordan

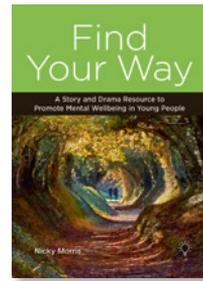
A wealth of advice, tips and resources for teaching and promoting mental health

As attitudes to mental health shift, primary schools in England will teach compulsory lessons on health (including mental health) from 2020. Yet mental health is far more than an absence of illness – it also means having self-belief and the resilience to cope with forces of stress and change. In order to impart such skills, teachers and other educational staff must equip themselves and their workplaces with the procedures, understanding and confidence required to monitor mental health, share concepts effectively, identify early warning signs and act appropriately if issues arise.

Mental Health and Wellbeing in Primary Education puts all the necessary tools and information at your fingertips – with detailed guidance on creating a culture of wellbeing, overviews of how a wide variety of common mental health problems are diagnosed and managed, warning signs to look out for, and a range of ready-made forms, exercises and lesson plans.

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£27.95 | 350pp | Paperback | 9781912755929 | Mar 2020



Find Your Way

A story and drama resource to promote mental well-being in young people

Nicky Morris

Harness the power of stories to promote positive mental health in young people

Stories are a powerful tool for connecting with people, especially those reluctant to engage with more direct approaches. This resource presents ten original and emotive short stories designed to guide therapeutic work with adolescents and young adults by promoting emotional resilience, self-determination and independent thinking.

Developed in real-world practice with clients challenged by difficulties including depression, eating disorders and autism spectrum disorder, the stories are proven in practice and supported by examples of clinical application as well as scripts, tableaux and activities. Each addresses a specific mental health challenge – topics covered include trauma, mistreatment, relationships, prejudice, loss, recovery and hope. Reflective questions at the story's conclusion empower young people to choose their own ending – and in so doing to begin determining their own future.

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£35.00 | 152pp | Spiral bound | 9781913414115 | May 2020



Therapeutic Parenting:

An Attachment, Trauma and DDP Informed Group Programme and Resource

Deborah Page, Rachel Swann

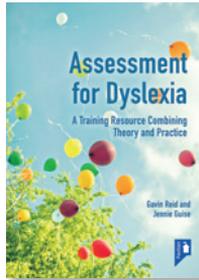
Step-by-step materials for relating to children made mistrustful by experience

This resource is designed for training foster parents, adoptive and residential carers, and anyone involved in the therapeutic reparenting of children and young people who have experienced the damaging effects of abuse, neglect and disruption to the primary caregiver relationship. Presented as an 11-session group programme, the pack offers an accessible overview of the core concepts of developmental trauma, trauma-informed therapeutic care, and self-care for carers. Reading materials, video clips and skills exercises reinforce each area covered.

Underpinning the resource is Dyadic Developmental Psychotherapy (DDP), an approach which enables carers to get beyond the defences and blocked trust of children in their care using Playfulness, Acceptance, Curiosity and Empathy (PACE). By helping participants understand and respond to the impact of trauma on children, the resource aims to help reduce the spiral of failed relationships suffered by many young people who have been removed from their birth families.



£115.00 | 100pp | Ring bound | 9781912755547 | May 2020



Assessment for Dyslexia

A complete training resource

Gavin Reid and Jennie Guise

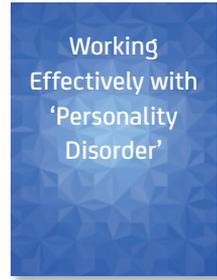
The first commercially available training pack for dyslexia assessment

Dyslexia is a specific learning difficulty that presents life challenges on a daily basis. The only way to establish whether an individual is dyslexic, and where their strengths and weaknesses lie, is via assessment. Different tests exist, each with pros and cons. This ground-breaking resource offers a programme that equips teachers and other professionals to conduct a complete, contextualised assessment, while also stressing that responsible assessment is ongoing rather than isolated event.

Expert authors Gavin Reid and Jennie Guise set out in simple terms the theory underpinning a dyslexia assessment, the diverse barriers to learning that can exist, and the tests and strategies that have been developed to identify them. Armed with this knowledge, readers will be equipped to select appropriate tools in order to generate a complete and accurate profile of an individual, provide a detailed interpretation of the results, and recommend appropriate next steps.



£95.00 | 140pp | Ring bound | 9781912755585 | Nov 2020



Working Effectively with 'Personality Disorder'

Contemporary and Critical Approaches to Clinical and Organisational Practice

Edited by Jo Ramsden, Sharon Prince and Julia Blazdell

A compelling case for rethinking clinical services in more positive, holistic ways

The history of 'personality disorder' services is problematic to say the least. The very concept of 'personality disorder' is under fire, services are often expensive and ineffective, and many service users report feeling that they have been lied to, stigmatised and excluded. Yet while there are inevitably challenges involved in working with a population that can be complex, demanding and destructive, creative learning networks do exist where people are striving to provide progressive services for and with this client group.

Working Effectively with 'Personality Disorders' shares this knowledge, articulating an alternative way of working that acknowledges the contemporary debate surrounding diagnosis, reveals flawed assumptions underlying current approaches, and argues for services that work more positively and holistically with a wider and more socially focused agenda.



£35.00 | 320pp | Paperback | 9781912755974 | May 2020

How to Help

A practical and empowering new series of books for helping young people

Series Editors: Gavin Reid and Jennie Guise

Today's young people face considerable stresses not seen before. Half of those who use social media report feeling more anxious or inadequate after doing so, and a similar number feel under overwhelming pressure to succeed. In such circumstances, it is no surprise that many young people find themselves affected by social, emotional and educational issues both inside and outside school.

This important new series covers a broad and comprehensive range of topics that will have resonance for today's parents, carers and educators. The format is simple. In each volume, expert authors set out the scope of the issue under scrutiny along with essential theory and the current evidence base. They then use clear and accessible terms to show how both parents and educators can make a difference. Packed with empowering advice, practical strategies and simple solutions, books in this series will show any parent, carer or teacher *How to Help*.

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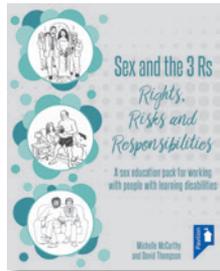
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Laurel Alexander

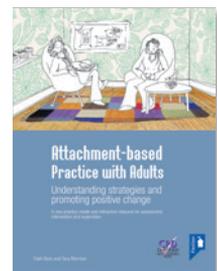
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David Thompson, Michelle McCarthy

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Clark Baim, Tony Morrison

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Bev Murphy, Jill Bradshaw, Julie Beadle-Brown

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Heather Wilkinson, Karen Watchman, Philly Hare

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Julie Beadle-Brown, Richard Mills

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