

universities, and brought together by their professional body, the British Psychological Society Division of Clinical Psychology. This report draws on and updates an earlier one, Recent Advances in Understanding Mental Illness and Psychotic Experiences, which was published in 2000 and was widely read and cited. The contributors are leading experts in the field: a full listing with affiliations is given at the end of the report. More than a quarter of the contributors are experts by experience - people who have themselves heard voices, experienced paranoia or received diagnoses such as psychosis or schizophrenia. At the end of the report there is an extensive list of websites, books and other resources that you might find useful, together with list of the academic research and other literature that the report draws on.

Build teen self-esteem and communication skills with 150 simple, effective therapy games Planning thoughtful and productive therapy activities for teens doesn't have to be a complex challenge or require a lot of specialized resources. Therapy Games for Teens makes it easier to reach them, with 150 games based in recreation therapy that address issues such as bullying, grief, anxiety, depression, and more. These fun and inclusive therapy games are designed specifically with teens in mind. Step-by-step instructions show you how to guide them as they practice everything from labeling their own emotions to creative ways of venting frustration, with techniques that incorporate mindfulness and self-compassion to navigate life's challenges effectively, so they can grow up into confident, self-aware adults. Therapy Games for Teens helps: Put teens in control--Designed for both groups and individuals, these therapy games use self-exploration and creative expression to help teens let their guard down and learn valuable coping skills. Discussion questions, tips, talking points, and open-ended questions to help teens put what they learned into perspective and apply it to their lives. Practical and doable--The therapy games use simple materials like pencils, paper, dry-erase boards, and tape so there's no need for expensive or specialized tools. Help teens arm themselves with skills to manage their emotions and realize their potential.

Parenting Matters
The Curious Incident of the Dog in the Night-time
Helping Children to Talk About and Express Emotions and Feelings
How I Turned My Worst Emotions Into My Best Life
Take Charge of Your Feelings, Become a Better You
The Brain That Changes Itself
Therapy Toolkit: Sixty Cards for Self-Exploration