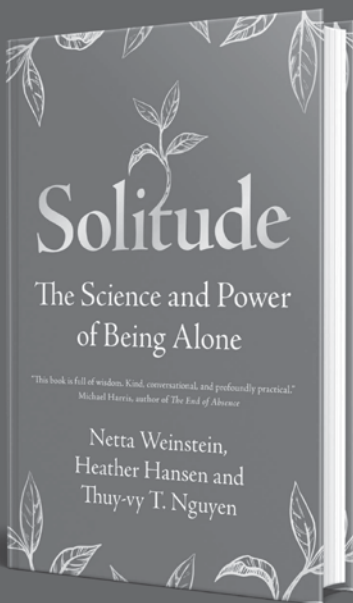




Solitude

The Science and Power of Being Alone

Most of us spend a sizable chunk of each day alone. Whether we love it or try to avoid it, we can make better use of that time. The science of solitude shows that alone time can be a powerful space used to tap into countless benefits.



"Extremely comprehensive, accessible, and tremendously engaging. This is an absolute must read and invaluable resource on this topic from leading international experts."

Robert J. Coplan, *Carleton University*

"This book is full of wisdom. Kind, conversational, and profoundly practical."

Michael Harris, author of
Solitude and The End of Absence

"This delightful book helps you strengthen your capacity for solitude and harness the benefits of being alone."

Scott Barry Kaufman, author of *Transcendence*

"Rejuvenates the subject by sowing the seeds of reshaping our perception of solitude."

Sharon Ost Mor, *University of Haifa*

"An interesting and comprehensive read on everything you need to know about making the most of your time alone."

Marion Pauw, author of *Daylight* and
screenwriter of *In Therapy*

9781009256605 | Hardback | £20.00/\$25.95 | April 2024

Save 20% with code SOLITUDE20
www.cambridge.org/solitude



CAMBRIDGE
UNIVERSITY PRESS



Psychology

Books and Journals from
Cambridge University Press

Cambridge University Press is a leading publisher in the psychological and brain sciences.

From undergraduate course resources, our prestigious Cambridge Handbooks in Psychology series, our leading journals including *Behavioral and Brain Sciences* and *Development, Journal of the International Neuropsychological Society and Psychopathology*, and our extensive collection of scholarly monographs,

Cambridge supports learning and research across all of psychology and related fields. .

For further details visit:
cambridge.org/core-psychology

Cambridge
Core



CAMBRIDGE
UNIVERSITY PRESS

Behavioural and Cognitive Psychotherapy

Contents

MAIN ARTICLES

- Cognitive change before sudden gains in cognitive behavioural therapy for panic disorder** 107
Rachel Lee, Dean McMillan, Jaime Delgadillo, Rachael Alexander & Mike Lucock
- Feasibility, acceptability and clinical benefit of a trauma-focused stabilisation group for post-traumatic stress disorder patients with complex presentations on primary care waitlists** 119
Michelle Wells, Anke Karl & Rachel Handley
- Building resilience in the Improving Access to Psychological Therapy (IAPT) Psychological Wellbeing Practitioner (PWP) role: a qualitative grounded theory study** 135
Marco Vivolo, Joel Owen & Paul Fisher
- An investigation of treatment return after psychological therapy for depression and anxiety** 149
Ben Lorimer, Stephen Kellett, Julia Giesemann, Wolfgang Lutz & Jaime Delgadillo
- Measuring dissociation across adolescence and adulthood: developing the short-form Černis Felt Sense of Anomaly scale (ČEFSA-14)** 163
Emma Černis, Bao S. Loe, Katie Lofthouse, Polly Waite, Andrew Molodynski, Anke Ehlers & Daniel Freeman

- What's in the mind's eye of individuals with bipolar disorders: an exploration of the content and characteristics of mental images in different thymic phases** 178
K. M'Bailara, F. Echegaray & M. Di Simplicio

BRIEF CLINICAL REPORTS

- Cognitive behavioural therapy for depression and anxiety in a carer for two family members with dementia: a single case experimental design study** 194
Lawson Falshaw & Leah Clatworthy
- Development of a training programme in individual case formulation skills and a scale for assessing its effectiveness** 200
Richard Hallam, Gary Brown, Liza Turner, Elizabeth Blomfield, Sharif El Leithy & Ines Mendes
- Psychometric properties of the Interpersonal Emotion Regulation Questionnaire in a community sample of the Portuguese population** 204
Bruno Faustino & Patricia M. Pascoal

Cambridge Core

For further information about this journal please go to the journal website at: cambridge.org/bcp



CAMBRIDGE
UNIVERSITY PRESS