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New Streaming Service

Psychotherapy.net video streaming service provides videos on career counseling, cognitive behavioral therapy, bipolar disorder, anxiety, addictions, motivational interviewing, substance abuse, PTSD, concurrent disorders, and aggression.

Register at our website to view these videos.

https://www.dshs.texas.gov/avlib/forms/psychvideos.aspx. If you have any questions about streaming videos, please contact us at 512-776-7260 or avlibrary@dshs.texas.gov

- A cognitive behavioral perspective on aggression: an interview with Dr. Donald Meichenbaum
- Assessment & psychological treatment of bipolar disorder with Kay Redfield Jamison
- Mixed anxiety and depression: a cognitive-behavioral approach with Dr. Donald Meichenbaum
- Brief therapy for addictions: motivational interviewing with William R. Miller
- Career counseling in action: tools and techniques with Spencer G.Niles, EdD and Norman Amundson, PhD
- Evidence-based treatment planning for substance use disorders with Drs. Timothy Bruce and Arthur Jongsma
- Building confidence in motivational interviewing with Cathy Cole
- PTSD and veterans: a conversation with Dr. Frank Ochberg
- Motivational interviewing for concurrent disorders
- Cognitive behavioral therapy: John Krumboltz
New Books

We have added many new books and DVDs to the Rehabilitation Library. To borrow any item or to register to view online videos, please contact the library at avlibrary@dshs.texas.gov or call (512) 776-7260 or toll-free 1-888-963-7111 x7260. The online library catalog at www.texashealthlibrary.com lists additional materials.

APA handbook of career intervention. Volume 1: foundations; volume 2: applications. (HF 5381 A639 2015 RHB v. 1; HF 5718.22 A639 2015 RHB v. 2). This two-volume handbook aims to consolidate and advance knowledge about the scientific foundations and practical applications of career intervention. It offers an inclusive resource for understanding and applying principles and practices of career intervention to assist diverse individuals and groups across developmental stages to construct personally meaningful and socially relevant work lives. The handbook presents information about the historical, contemporary, theoretical, demographic, assessment-based, and professional foundations of career intervention (Volume 1), as well as specific career intervention models, methods, and materials within each career service noted above and applied to easing career transitions (Volume 2).

Appreciative inquiry for change management: using AI to facilitate organizational development. Sarah Lewis, 2016. (HD 58.8 L676 2016 RHB). Appreciative inquiry (AI) is a deeply psychological approach to change. It works by understanding human behavior. This book explains the skills, perspectives and approaches needed for successful AI. It demonstrates how a practical conversational approach can be applied to organizational challenges in times of change. It includes case studies.


Asperger's syndrome workplace survival guide: a neurotypical's secrets for success. Barbara Bissonnette, 2013. (WM 203.5 B623a 2013 RHB). This book is a guide to surviving and thriving in the workplace for people with Asperger syndrome. It includes everything from realistic strategies for meeting employer expectations, to how to get along with colleagues and work as part of a team, to multitasking, and handling anxiety.

The college and career success bible for those with physical disabilities. Julia Nelson, 2016. (HF 5382 N427 2016 RHB). This book helps people with disabilities choose a college, network effectively, build a resume, find a job, and more. It shows how to transition from a student to a happily employed graduate.
This book helps students who are blind or visually impaired prepare for their new life in college, develop useful skills, and negotiate for and coordinate services. It includes strategies for organization, time management, research, studying, and self-advocacy.

The complete guide to getting a job for people with Asperger's syndrome: find the right career and get hired. Barbara Bissonette, 2013. (WM 203.5 B623c 2013 RHB).
Finding a job is a confusing and anxiety-provoking process for many individuals with Asperger Syndrome (AS) who may not know what they are qualified to do and may struggle to communicate their value to employers. In this book, the author describes exactly what it takes to get hired in the neurotypical workplace. Every aspect of finding employment is covered, from defining strengths and researching occupations, to marketing oneself and projecting confidence and enthusiasm in interviews. Job-hunters are taught how to develop a personal profile of their talents and skills, their ideal work environment, and important work criteria. They are then shown how to set realistic goals and develop an effective job search plan. A wealth of checklists, templates, sample scripts, and written communications accompany the text.

A comprehensive guide to intellectual and developmental disabilities. 2017. (WB 320.2 C737 2017 RHB).
This is a core textbook and a reference for any professional working with people who have disabilities. It contains information on intervention, education, family roles, health issues, and specific disabilities. It is life-span focused, with topics ranging from genetics and development to aging issues.

The editors have brought together experts in the field of counselor education to review and examine primary supervision theories and their application to the issues that counselor supervisors will encounter. Special topic areas included are multicultural issues in counselor supervision; the supervisory relationship, an essential and sometimes forgotten component of supervision, and its influence on supervision process and outcome; supervision of career counselor trainees; supervision of family and group counselors; group supervision; understanding and conducting research in counselor supervision and training; ethical and advocacy issues in supervision, and supervisor training.

This book examines the relationship between criminality and biology. It describes early biological theories of crime and ends with an overview of current research in biosocial criminology. It reviews theories from the 19th, 20th and 21st centuries, shows how they have changed, and critically evaluates all of the approaches.
Ten rules are provided for the ex-offender who is determined to be successful once released. The book offers information on how to overcome the odds of returning to prison.

The employee experience: how to attract talent, retain top performers, and drive results. Tracy Maylett, 2017. (HF 5549.5 M469e 2017 RHB).
This book reveals how to attract and retain top talent and how to build a deeply engaged workforce, the foundation of organizational success. It gives real-world examples of successful companies and their strategies for maintaining happy employees and customers. By establishing a clear set of expectations and promises, and upholding promises consistently, employers will build the trust that leads to engagement.

This book provides a review and tutorial for the National Counselor Examination, state counseling exams, and the Counselor Preparation Comprehensive Examination. It includes topics such as social media, group work in career counseling, private practice, addictions, neurocounseling, research trends, ethics, the DSM-5, and more.

This is a concise grammar handbook that covers every aspect of grammar and usage, as well as paragraphs, essays, and an introduction to research and documentation.

This book describes ways that evidence-based research can be used to promote the design of more effective career development programs and services at local, state, and national levels. It also discusses workforce development public policy.

Handbook of vocational rehabilitation and disability evaluation: application and implementation of the ICF. 2015. (HD 7255 E74 2015 RHB).
This book highlights the complex challenges and opportunities involved in enabling re-entry into the workforce by persons with disabilities. Geared to the International Classification of Functioning, Disability and Health (ICF) standards, this reference outlines science-based methods in assessing impairment and enabling work participation. It includes information on individuals with brain injury, chronic musculoskeletal pain, mental illness, and other disabling conditions.

How to be really productive: achieving clarity and getting results in a world where work never ends. Grace Marshall, 2015. (HD 57.7 M368h 2015).
This book provides practical guidance and key skills to help you get organized, focused, and in control. It will help you manage your workload and other people's expectations in order to get more of the right things done.
This book presents a process to help you obtain your career objective. It outlines a strategic mindset that enables you to be proactive and targeted in your approach to career management. It discusses networking, negotiation, job loss, searching styles, and more.

This book explains the scientific foundation and research supporting complementary and alternative therapies. It presents various therapies commonly integrated into rehabilitation.

The strengths and traits of the typical introvert lend themselves well to entrepreneurship. This book shows how to use an introvert's natural gifts and conquer the challenges. Information on networking, marketing, leadership skills, and community building are all included.

This book offers a managed approach to job placement. It provides a format for counselor-client interaction, skill identification, and job-search strategies designed to gain a high level of client participation during a job search. It will help achieve positive results in job placement. It takes counselors and their clients step-by-step through a skill identification process and a comprehensive job search.

Jobs for felons: how to find employment if you have a criminal record. Michael Ford, 2009. (HF 5383 F711 2009 RHB).
This guide will help ex-offenders and their families by providing important information to help them find employment. It explains background checks, how to deal with a conviction during an interview, and much more.

This book provides essential knowledge to be successful in a new leadership role. It includes a guide for the entire first year. It discusses the transition to leadership, how to assemble and manage a strong team, and how to avoid pitfalls.

This book provides a critical analysis of change and transformation in organizations from both a theoretical and practical perspective. It addresses the individual, team, and organizational issues of leading and managing people before, during and after change,
using case studies and interviews with people from organizations in different industries across the globe. This book demonstrates how theory can be applied in practice through practical examples and recommendations, focusing on the importance of understanding the impact of the nature of change on individuals and engaging them collaboratively throughout the transformation journey.

**Medical aspects of disability for the rehabilitation professional**, 5th ed. (WT 500 M489 2017 RHB).
This book provides a wide view of current medical and psychosocial issues that affect people with disabilities. Part one is an introduction to key topics and issues. The second part discusses twenty-six different conditions or disorders, including AIDS, Alzheimer's, traumatic brain injury, chronic pain, epilepsy, and many others. The third part on special topics includes information on nursing, speech-language pathology, social work, telerehabilitation, assistive technology, trends, legislation, accreditation, and quality efforts.

This book teaches simple yet powerful steps to take to overcome emotional distress. It uses cognitive-behavioral therapy to conquer depression, anxiety, panic attacks, anger, guilt, and more. It discusses how to set personal goals, maintain progress, and includes innovative exercises focused on mindfulness, acceptance, and forgiveness.

This book shows how we can develop our ethical competence, just as we develop our abilities to manage or oversee operations. Every chapter provides readers with opportunities to apply ethical principles and practices in a variety of settings through self-reflection, analyses, projects, and discussion. The parts of the book introduce moral theories used in ethical problem-solving; examine individual motivations; look at the ethical dilemmas of groups, teams, and leaders as well as offer strategies for creating ethical cultures and promoting social responsibility. This book shows how readers can develop their ethical expertise and provides opportunities to practice problem-solving to defend their decisions.

This is a guide to the evaluation and management of psychiatric problems in patients with epilepsy. The authors analyze findings on the relationship between seizures and psychiatric disorders and offer recommendations for diagnosis and treatment.

**The PTSD workbook: simple, effective techniques for overcoming traumatic stress syndrome**. Mary Beth Williams, 2016. (WM 172.5 W725 2016 RHB).
This workbook outlines techniques and interventions used by post-traumatic stress disorder experts from around the world. The workbook offers trauma survivors effective
tools to conquer their most distressing trauma-related symptoms. It is a useful book for veterans, rape survivors, or crime victims.

This book focuses on nontraditional, emerging disabilities and their implications for rehabilitation practice. It discusses the unique characteristics and needs of individuals with disabilities such as multiple chemical sensitivity, fibromyalgia, and Lyme disease. It also explores disabilities increasing in prevalence such as diabetes, autism, and PTSD.

**Take back your life: find hope and freedom from fibromyalgia symptoms and pain.** Tami Stackelhouse, 2015. (WE 544 S775 2015 RHB).
This book is for the action-oriented fibromyalgia patient who wants to feel better quickly. It explains what fibromyalgia is, how to stop the pain; how to have more energy; how to get better sleep; how to work with a doctor; and how to help oneself.

This resource gives people with social anxiety immediate, easy-to-use methods for slowing down, calming down, and being present in the moment while working to overcome social anxiety. It includes therapeutic strategies, sample daily schedules for managing social anxiety, pros and cons of popular treatments, and natural remedies.

This book explores four themes: preparing all students for quality lives as adults; offering transition services that are student-centered; providing teachers with best practices for transition services; and giving educators practical information about how to provide quality transition services to students with mild, moderate, and severe disabilities.

This revised version of a classic book includes the strategies most needed to survive in this job market and explains how to incorporate social media tools into a job search. It includes information on resumes, networking, interviewing, salary negotiation, and how to start your own business.

**New DVDs**

**Best kept secret: aging out with autism.** 85 min. 2013. (DD0790).
This documentary follows high school teacher Janet Mino and her students with autism over the year and a half before graduation. The clock is ticking to transition these students to the adult world. Mino must help them find jobs or rare placements in a recreational center, so they do not end up where their predecessors have, sitting at home, institutionalized, or on the streets.
Bottom dollars. 55 min. 2016. (DD0787).
Bottom Dollars is an hour long documentary that exposes the segregated workplaces and low wages often paid to people with disabilities. Through personal stories and expert interviews, the film presents a vision for better alternatives that promote community inclusion, equal opportunity, and fair wages.

Customers with disabilities: delivering excellent service. 34 min. (DD0792).
This program will help employees deliver the best customer services to people with disabilities. Employees learn the proper etiquette when serving people who are blind or have low vision, people who are deaf or hard of hearing, patrons with mobility impairments, people with cognitive disabilities, and people of short stature.

Getting in: the truth about college admissions. 23 min. 2011. (DD0800).
Follow four teens as they navigate the college application process. See them develop a solid college list and fill out applications. This program also taps guidance counselors and university admissions officers for insider advice on the smartest steps to take in an increasingly competitive application process. Viewers learn how to catch a college’s attention, choose challenging classes, build a strong transcript, and get involved in the types of extracurricular activities that colleges value. This DVD stresses how important it is to select the right schools to meet individual needs. When it comes time to apply, the teens and experts reveal the secrets of a winning personal statement and the benefits of standout recommendations. It also demystifies financial aid by explaining the process behind obtaining loans, grants, scholarships, and more.

How to talk to persons with disabilities. 30 min. 2010. (DD0791).
Were you taught that “wheelchair-bound” was an acceptable term to call a person in a wheelchair? Three people with disabilities will re-educate viewers and teach them proper terminology when interacting with persons with disabilities. They will also discuss the history behind derogatory terms.

Keys to getting hired for job seekers over 50: ace the interview and get the job. 17 min. 2016. (DD0796).
Career coaches and former job seekers share strategies to help your clients prepare for interviews, make a great first impression, and convince employers they are the right person to hire. In this program, job seekers will learn how to: research potential employers and open positions, talk about themselves without sounding boastful, connect their skills to employers’ needs, avoid common interview blunders, dress appropriately for interviews, and follow up with employers to secure job offers.

Keys to getting hired for job seekers over 50: resumes and cover letters that work. 9 min. 2016. (DD0797).
Job seekers will discover how to customize cover letters and resumes to effectively introduce themselves to employers. They will learn about different types of resumes and get career coaches’ top tips for creating, formatting, and submitting resumes and cover letters. Job hunters will learn how to use the resume style that is appropriate for their situation, tailor their resume and cover letter to different job openings, format their
resume to pass screening software, use keywords from job postings, and show how their skills and experience match positions’ requirements.

**Keys to getting hired for job seekers over 50: job search steps that get results.** 13 min. 2016. (DD0795).
Career coaches and former job seekers teach viewers the most effective ways to uncover job leads, expand their network, and demonstrate why they should be hired. In this program, viewers will discover how to overcome biases against older job seekers, expand their network, find open positions, and stay motivated.

**Landing the job: the search.** 21 min. 2016. (DD0799).
Join Trey, your host, as he sets out on a personal journey that we all must go through at some point in life. Ready to find a job, Trey takes his audience on an entertaining, educational ride as he records his own video documentary of the job hunting process. Trey records each step as he learns the secrets and pitfalls of finding a job. When viewers apply Trey’s techniques and lessons to their own personal job search, they will be certain to have the same positive outcome as he does.

**Landing the job: the interview.** 18 min. 2016. (DD0798).
Join Trey, your host, as he seeks advice and tips on what makes a successful interview. Preparing for the interview and following up are just as important as what goes on during the interview.

**Road to reentry: succeeding on the job.** 30 min. 2016. (DD0802).
This program helps viewers identify essential skills and personality traits required for retaining employment and career advancement. Ex-offenders learn about understanding employers’ expectations. They also learn about behaviors and attitudes that can be detrimental to their job security and reputation. Viewers will also discover ways to work toward achieving better jobs and long-term career success and recognize the advantages of pursuing additional education or training.

**E-books**

If you work for TWC-VRS the following books and many more titles are available electronically and you may access them on a computer or mobile device.

Please contact the library at library@dshs.texas.gov or call (512) 776-7559 or toll-free 1-888-963-7111 x7559 for information on how to access the E-books.

- **Been there. Done that. Try this!: an Aspie’s guide to life on earth.** Tony Attwood (2014).
Featured Journal Articles

If you would like to receive the full text of any journal articles, please contact the library at (512) 776-7559, toll-free 1-888-963-7111 ext. 7559, or e-mail library@dshs.texas.gov.

Fragmented employment service systems, a lack of information about disability across sectors and a wide disconnect between the efforts to employ people with disabilities and the needs of the business community, have presented barriers to the adoption of best practices and effective implementation of new policies designed to improve the employment rate of people with disabilities. Objective: The goal of the Diversity Partners Project is to develop, test and launch an innovative learning intervention to improve the relationships between employment service professionals (including disability services, workforce development and staffing organizations) and employers seeking to hire individuals with disabilities. This paper illustrates how a systematic approach to knowledge translation (KT) was used in an iterative intervention development process that engaged key stakeholders at every phase. Conclusion: In the disability arena, KT requires a willingness to challenge strongly held assumptions on the part of the project team, to move swiftly and repeatedly between inquiry and development and to honestly engage with potential stakeholders who have a vested interest in the development efforts being undertaken.

Background: Information and Communication Technology (ICT) is connected with every aspect of social, cultural, economic, educational, and commercial activity. Smart devices in particular have changed society and are necessary goods for modern people. Smart device usage is rapidly growing in everyday life, so the ability to use a smart device is increasingly important, yet there is little data supporting increased digital inclusion of people with disabilities in mobile device use. Objective/hypothesis: This study investigates the effects of the smart environment on the information divide experienced by people with disabilities. Methods: Data from the 2013 Information Divide Index Data of the National Information Society Agency was analyzed regarding three aspects: access, skill, and competence. The accessibility difference was investigated by comparing access to a PC or smart device in two groups. The effects of a smart environment on the information divide were analyzed using General Linear Modeling (GLM). Results: The access rate was higher for the general group than for that of those with disabilities, and this difference appeared to be greater in the smart environment. The results of the GLM showed that disability and device access had statistically significant effects on skill and all aspects of competence. Conclusions: These results provide evidence that the smart environment further creates the information divide for people with disabilities. Strategies should be formed to reduce this divide, particularly within smart environments.
The purpose of this study was to document the first-person perspectives of 10 Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) veterans with posttraumatic stress disorder (PTSD) regarding their efforts to move from homelessness to employment. A qualitative, phenomenological study design was employed through the use of in-depth interviews. Five themes emerged, labeled as (a) fallout from PTSD, (b) motivation to change, (c) family support, (d) rehabilitation counseling, and (e) developing a new work identity. Findings suggest that veterans of this era with PTSD express the values and attitudes needed for work adjustment and successful reintegration into the workforce. It is anticipated that the results of this study will stimulate the rehabilitation counseling profession to continue advancements in training, research, and service provision to better meet the vocational rehabilitation needs of veterans with PTSD.

Purpose: To conduct a systematic literature review relating to psychiatric rehabilitation (PsyR) outcomes of Hispanics with co-occurring serious mental illness (SMI) and substance use disorder (SUD) and to identify the most appropriate evidenced-based practices (EBPs) to facilitate treatment strategies for this population. Method: The following electronic databases were used to search multiple keywords and keyword combinations: MEDLINE/PubMed, SpringerLink, and Education Resources Information Center (ERIC). The initial search resulted in a total of 911 articles. Next, 906 articles from the initial search were excluded. Five articles were retained for this study. Results: The included studies were classified by intervention into three categories: Integrated Mental Health and Substance Abuse Treatments (3), Motivational Interviewing (1), and Psychosocial Resources (1). Outcomes included reduction in mental health and PTSD symptoms, increased abstinence, decrease in substance use and psychiatric hospitalizations, improved self-efficacy for recovery, and better quality of life (QOL). Conclusion: This review identified several successful PsyR outcomes for Hispanics with co-occurring SMI and SUD; however, it also highlighted the limited availability of extant literature focused on EBPs for Hispanics with co-occurring SMI and SUD. As the Hispanic population increases, their specific needs should be addressed.

The physical accessibility of public transportation increased nationwide following the passage of the Americans with Disabilities Act (ADA) in 1990. Despite removal of many physical barriers within fixed-route systems, significant barriers to overall access of public transportation systems are still widespread. The purpose of the current study was to provide a full description of barriers experienced by individuals with disabilities when using public transportation and the complementary paratransit services. An online survey was developed and disseminated to contacts of the National Network of ADA Centers, and 4,161 individuals responded. Results highlight significant barriers for people with
disabilities who use public transportation and complementary paratransit services. Barriers to these transit systems are physical and attitudinal in nature, and as a result, modifications to the physical environment and educational opportunities to reduce negative attitudes toward individuals with disabilities are recommended.

The relationship between employer contact with vocational rehabilitation and hiring decisions about individuals who are blind or visually impaired. McDonnall M. *J Rehabil.* 2017;83(1):50-58.
The purpose of this study was to evaluate the relationship between Vocational Rehabilitation (VR) professionals' interactions with employers and those employers' hiring decisions regarding individuals who are blind or visually impaired. A national sample of 382 employers responded to an online survey that included questions about their interactions with VR, their history of hiring and intent to hire people who are blind/visually impaired in the future, and their attitudes towards this population as employees. A strong relationship between VR contact/level of relationship with VR and having hired, intent to hire, and attitudes was found. Much has been written about the importance of VR agencies developing relationships with businesses, but this is one of the first studies to provide empirical evidence of its benefits.

Although an important part of adult life, individuals with significant disabilities experience low rates of gainful employment. The purpose of this review was to summarize and analyze the literature on teaching vocational skills to individuals with significant disabilities. Sixty-two articles (with 75 experiments) included in this review were published between 1969 and 2014, and indicated that most participants were successfully taught to engage in a variety of vocational skills in a range of settings. Unfortunately, this review also determined that the research on teaching vocational skills to individuals with significant disabilities is steadily decreasing, with only 15 new studies published since 2000. Potential directions for future research will be proposed.

Protecting human rights has increasingly become a focus of regulation regarding individuals with Intellectual Disability (ID). While this focus on rights has succeeded in protecting people with ID from many of the most insidious abuses of the past, an over-emphasis on the human rights of people with ID while ignoring other aspects of their personalities and environments can create challenges. This article proposes the use of a dialectical model to address challenges raised by the relationship between two equally valid but often unequally considered approaches, namely, rights-based and person-centered. Suggestions are provided for using this model to meaningfully support individuals to reach their person-centered goals while continuing to recognize and address their individual rights, responsibilities, and challenges.