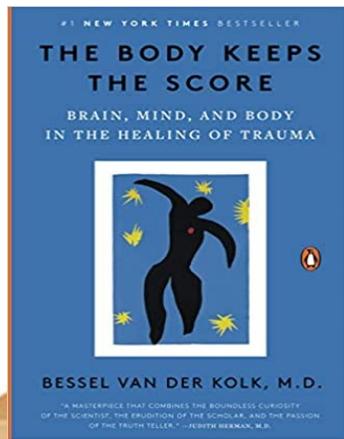


New Titles February 2021



***The Body Keeps the Score: Brain, mind & body in the healing of trauma* / Van der Kolk**

Van der Kolk uses scientific advances to show how trauma reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self control, and trust. He explores innovative treatments that offer new paths to recovery by activating the brain's natural neuroplasticity, offering new hope for reclaiming lives.

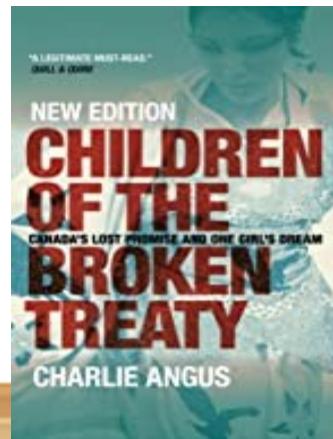
WM 172.5 V35 2014



***Leaving It At the Office: Guide to psychotherapist self-care* / Norcross**

Mental health professionals provide better care to their clients when they care for themselves. This highly practical guide--now revised and expanded with even more self-care strategies--has helped thousands of busy therapists balance personal and professional lives. The book presents research-informed self-care strategies and offers concrete methods for integrating them into daily life.

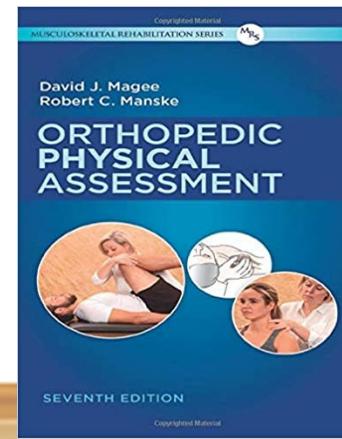
RC 480.8 N67



***Children of the Broken Treaty: Canada's lost promise and one girl's dream* / Angus**

In this new edition of Charlie Angus's award-winning book, he brings us up-to-date on the epidemic of youth suicides in Indigenous communities and the Thunder Bay inquiry into the shocking deaths of young people. Inspired by a young Cree woman, the story exposes a system of apartheid in Canada that led to the largest youth-driven human rights movement in the country's history.

E96.65 A54 2017



***Orthopedic Physical Assessment* / Magee**

Build your skills in the assessment of musculoskeletal pathology and gain the knowledge and background necessary to treat musculoskeletal conditions. The 7th edition covers the principles of assessment for all of the body's structures and joints, including topics such as gait, posture, the head and face, amputees, primary care, and sports emergencies.

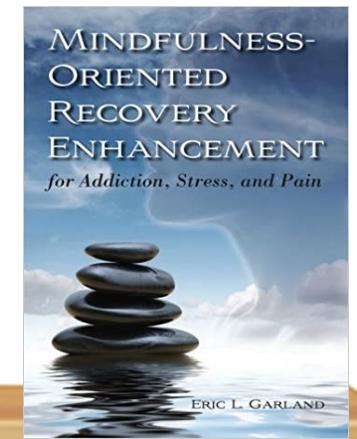
WE 168 M18 2020



Healthcare Quarterly /
Longwoods

Published four times per year, Healthcare Quarterly champions excellence in the Canadian healthcare system. Its objective is to disseminate leading practices in health service delivery and policy, helping managers anticipate and respond to changing environments, demands and mandates. The journal is a dependable source of best practices that are current and practical. Sign up to receive the table of contents [here](#).

New Serial



***Mindfulness Oriented Recovery Enhancement (MORE): For addictions, stress and pain* / Garland**

MORE concentrates on helping people recover a sense of meaning and fulfillment, embracing pleasure and pain without avoiding challenges by turning to substance use. This book includes a complete treatment manual laying out for clinicians, step by step, how to run MORE groups including adaptations to address chronic pain and prescription opioid misuse.

WM 425.5 G23 2013



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