

## Exploring Depression CBT Programme with Young People with ASDs Manual

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SKU: 9781849055024

Price: \$735.00

Categories: [Autism & Asperger's Syndrome](#), [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [Coping with disability](#), [Coping with personal problems](#), [FAMILY & HEALTH](#), [FAMILY, HOME AND PRACTICAL INTERESTS](#), [MEDICINE](#), [NEUROLOGY & CLINICAL NEUROPHYSIOLOGY](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

For people with ASDs, depression is common, and has particular features and causes. This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by depression. Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression.

HELEN KENNERLEY,  
JOAN KIRK &  
DAVID WESTBROOK



# An Introduction to Cognitive Behaviour Therapy: Skills and Applications

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SKU: 9781473962583

Price: \$1,302.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL STUDY & REVISION GUIDES & REFERENCE MATERIAL](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

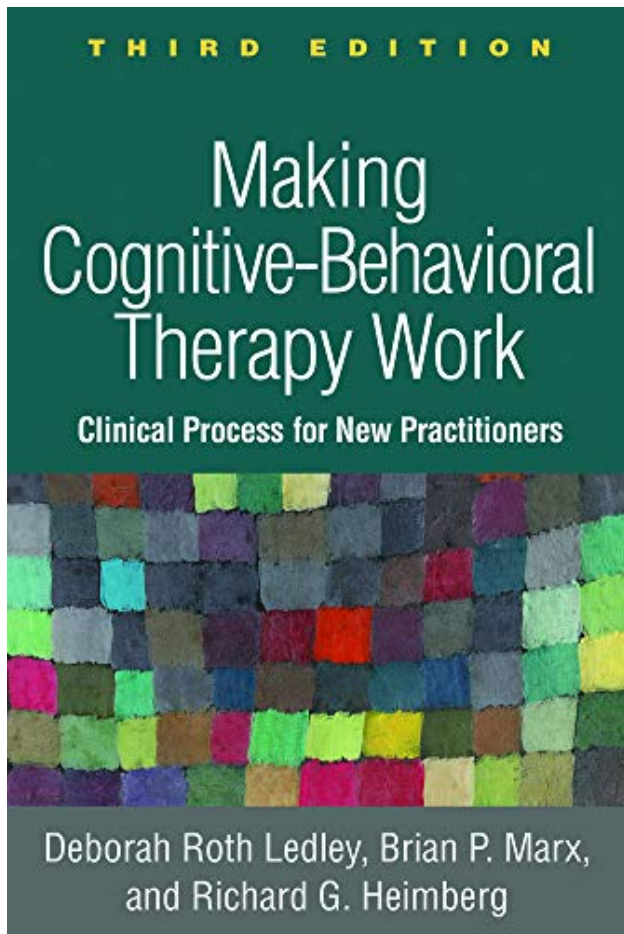
AN INTRODUCTION TO  
**COGNITIVE  
BEHAVIOUR  
THERAPY** SKILLS & APPLICATIONS



## Product Description

This bestselling guide to the basic theory, skills and applications of cognitive behaviour therapy is fully updated to reflect recent developments in CBT theory. It includes in-depth material on working with diversity, and new case studies and exercises to help you reflect and explore how theory can be used to develop effective practice. The Companion Website features over 40 videos illustrating the CBT skills and strategies discussed in the book, including: Measuring CBT's effectiveness Socratic method and applications Physical techniques and behavioural experiments Applications of CBT to specific client disorders Using supervision in CBT.

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## Making Cognitive-Behavioral Therapy Work, Third Edition: Clinical Process for New Practitioners

[Read More](#)

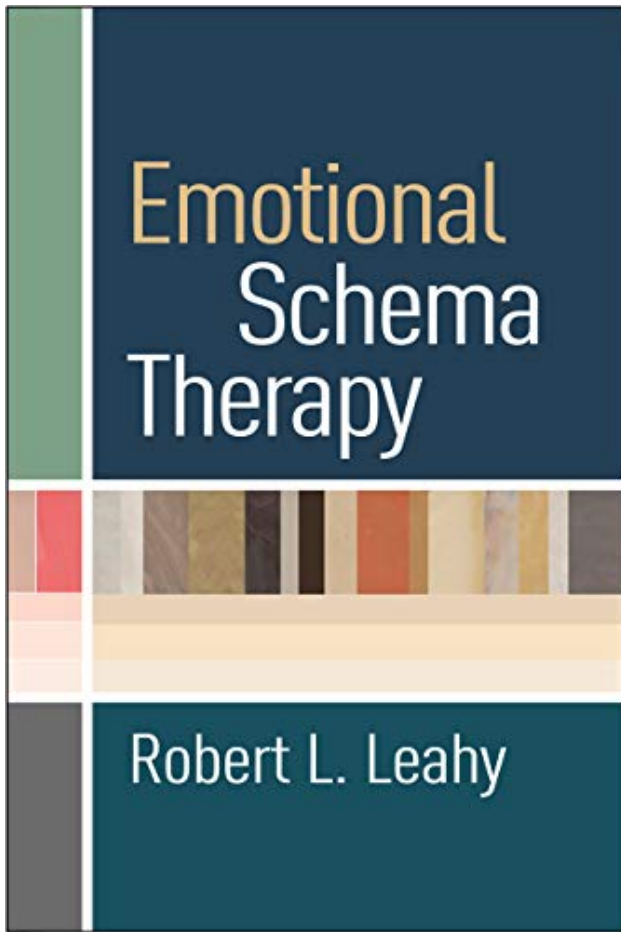
SKU: 9781462546039

Price: \$672.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHIATRY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#), [SOCIAL SERVICES & WELFARE](#), [CRIMINOLOGY](#), [Social welfare & social services](#), [Social work](#)

### Product Description

What should I do when a client asks me personal questions? How do my client's multiple problems fit together, and which ones should we focus on in treatment? This engaging text--now revised and updated--has helped tens of thousands of students and novice cognitive-behavioral therapy (CBT) practitioners build skills and confidence for real-world clinical practice. Hands-on guidance is provided for developing strong therapeutic relationships and navigating each stage of treatment; vivid case material illustrates what CBT looks like in action. Aided by sample dialogues, questions to ask, and helpful checklists, readers learn how to conduct assessments, create strong case conceptualizations, deliver carefully planned interventions, comply with record-keeping requirements, and overcome frequently encountered challenges all along the way. New to This Edition \*Chapter with advice on new CBT practitioners' most common anxieties. \*All-new case examples, now with a more complex extended case that runs throughout the book. \*Chapter on working with special populations (culturally diverse clients, children and families). \*Special attention to clinical and ethical implications of new technologies and social media. \*Updated throughout to reflect current research and the authors' ongoing clinical and teaching experience.



## Emotional Schema Therapy

[Read More](#)

SKU: 9781462540792

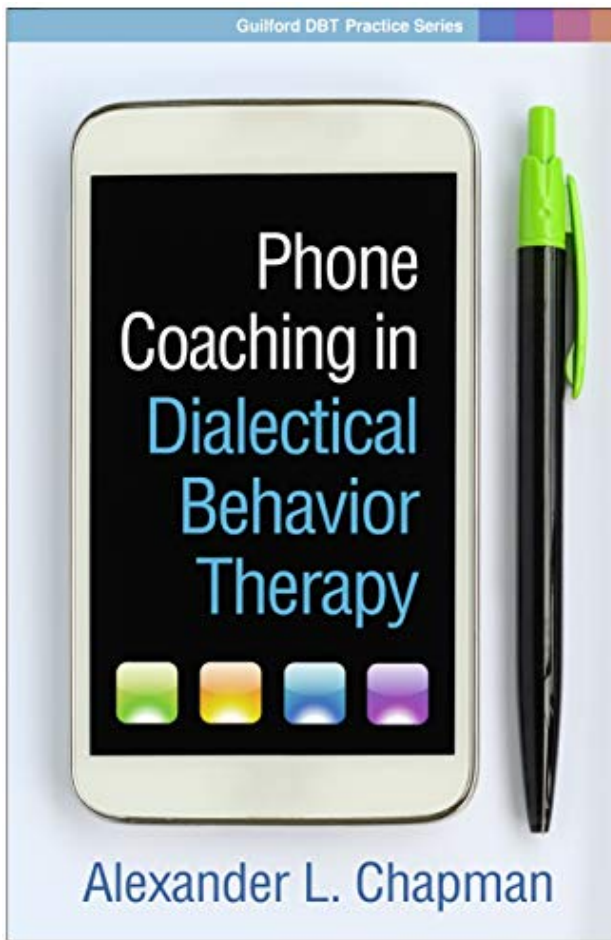
Price: \$630.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOLOGY](#), [Psychology: emotions](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#)

### Product Description

This book presents innovative tools for helping patients to understand their emotional schemas--such as the conviction that painful feelings are unbearable, shameful, or will last indefinitely--and develop new ways of accepting and coping with affective experience. Therapists can integrate emotional schema therapy into the treatment approaches they already use to add a vital new dimension to their work. Rich case material illustrates applications for a wide range of clinical problems; assessment guidelines and sample worksheets and forms further enhance the book's utility.

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## Phone Coaching in Dialectical Behavior Therapy (Guilford DBT Practice Series)

[Read More](#)

SKU: 9781462537358

Price: \$630.00

Categories: [CLINICAL PSYCHOLOGY](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOLOGY](#), [PSYCHOTHERAPY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#)

### Product Description

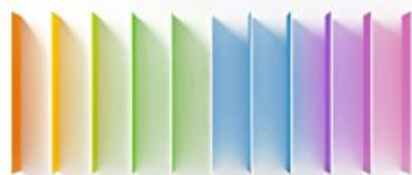
This is the first comprehensive guide to phone coaching in dialectical behavior therapy (DBT)--an integral part of treatment that many clinicians find challenging. What are the principles and goals of phone coaching? What limits should be set? How can a therapist manage suicide risk during a brief call? DBT expert Alexander Chapman addresses these and other critical practical questions in this accessible book. He provides guidelines for coaching core DBT distress tolerance and emotion regulation skills; coaching dos and don'ts ; and tips for structuring each call's beginning, middle, and end. Featuring many concrete examples, strategies, and model dialogues, the book includes a key chapter on suicide crisis calls.

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# Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder

SECOND EDITION



Valerie L. Gaus

Foreword by Tony Attwood

## Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder, Second Edition

[Read More](#)

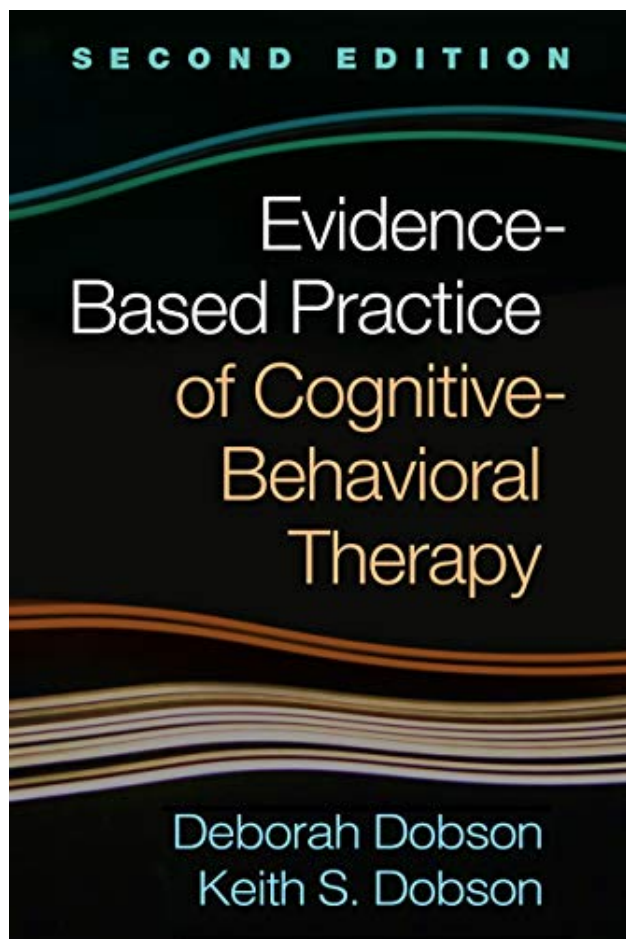
SKU: 9781462537686

Price: \$756.00

Categories: [Autism & Asperger's Syndrome](#), [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [NEUROLOGY & CLINICAL NEUROPHYSIOLOGY](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Now revised and expanded, this is the leading resource for psychotherapists working with adults who have autism spectrum disorder (ASD) without significant cognitive and language impairments (also known as Asperger syndrome). Valerie L. Gaus shows how to adapt the proven techniques of cognitive-behavioral therapy (CBT) to build clients' social and coping skills, facilitate self-acceptance, and treat comorbid anxiety and depression. Illustrated with detailed case examples, the book is grounded in cutting-edge knowledge about information-processing differences in ASD. It gives clinicians critical guidance for conceptualizing these clients' presenting problems and optimizing the effectiveness of interventions. Reproducible worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size. First edition title: Cognitive-Behavioral Therapy for Adult Asperger Syndrome. New to This Edition \*Explains the significant terminology changes in DSM-5 and their impact. \*Chapter on mindfulness-based strategies for emotion regulation problems. \*Additional strategies and resources for teaching social and coping skills. \*Describes new and updated assessment instruments. \*Incorporates cutting-edge research on CBT and on clinical problems associated with ASD. See also the author's related self-help resource, Living Well on the Spectrum, an ideal client recommendation.



## Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition

[Read More](#)

SKU: 9781462538027

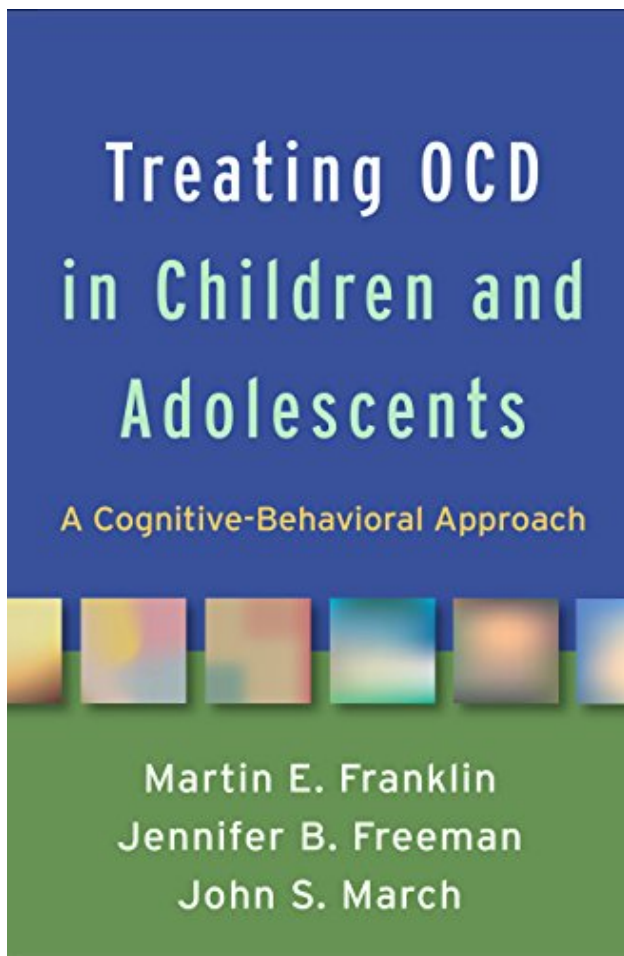
Price: \$588.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

From an experienced clinician and a prominent psychotherapy researcher, this book synthesizes the evidence base for cognitive-behavioral therapy (CBT) and translates it into practical clinical guidelines. Therapists and students learn how to implement core CBT techniques, why and how they work, and what to do when faced with gaps in scientific knowledge. Vivid case examples illustrate what evidence-based strategies look like in action with real-world clients who may have multiple presenting problems. The authors also separate CBT myths from facts and discuss ways to manage common treatment challenges. New to This Edition \*Revised throughout to incorporate the latest research, including key meta-analytic studies. \*Chapters on clinical techniques have been restructured to be more concise and digestible. \*New content on sleep difficulties, reducing avoidance, and motivational interviewing. \*A new extended case example runs throughout the book.

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## Treating OCD in Children and Adolescents: A Cognitive-Behavioral Approach

[Read More](#)

SKU: 9781462538034

Price: \$735.00

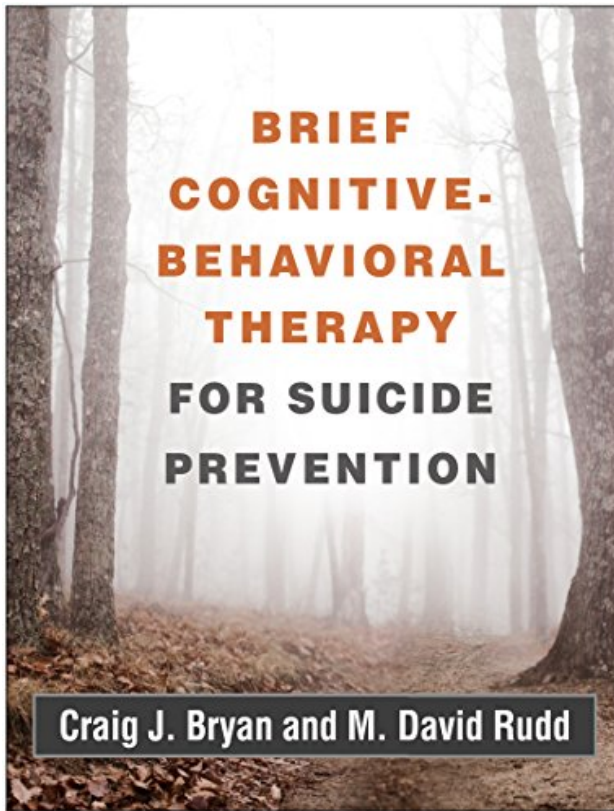
Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

From foremost experts, this authoritative work offers a framework for helping children overcome obsessive-compulsive disorder (OCD) using the proven techniques of cognitive-behavioral therapy (CBT). Therapists gain knowledge and tools to engage 6- to 18-year-olds and their parents and implement individualized CBT interventions, with a focus on exposure and response prevention. In a user-friendly, conversational style, the authors provide real-world clinical guidance illustrated with vivid case examples. Purchasers get access to a Web page where they can download and print the volume's reproducible handouts in a convenient 8 1/2 x 11 size. Building on the earlier *OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual* (by John March and Karen Mulle), this book reflects two decades of advances in the field; most of the content is completely new.

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## Brief Cognitive-Behavioral Therapy for Suicide Prevention

[Read More](#)

SKU: 9781462536665

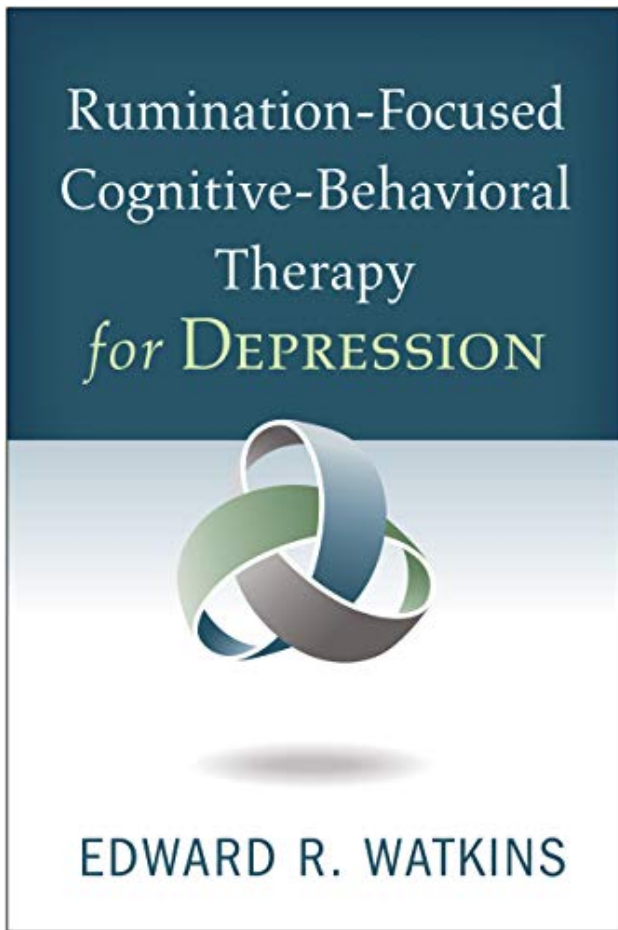
Price: \$798.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient's suicidal belief system. The book includes case examples, sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.

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## Rumination-Focused Cognitive-Behavioral Therapy for Depression

[Read More](#)

SKU: 9781462536047

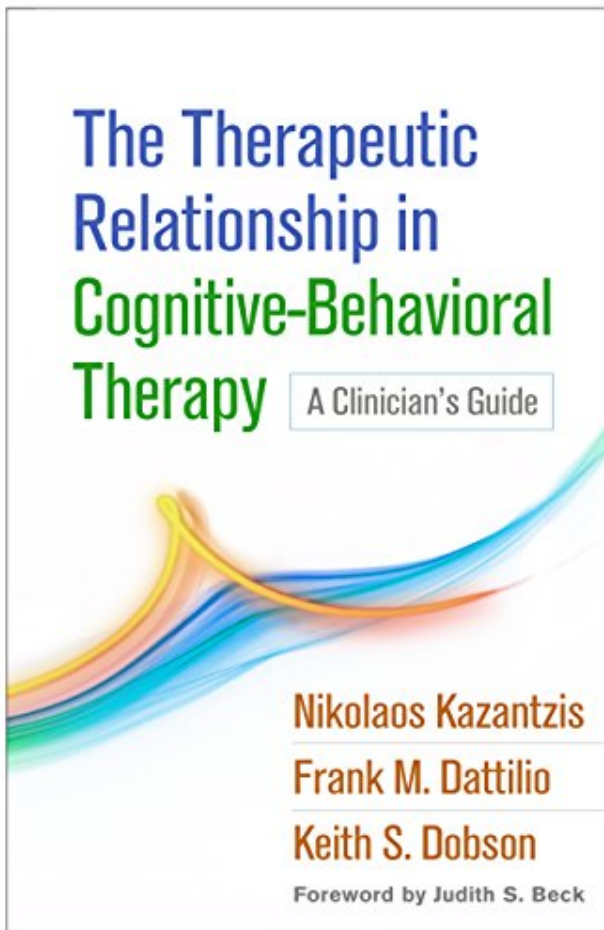
Price: \$630.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Negative rumination plays a key role in the onset and maintenance of depression and anxiety--and targeting this persistent mental habit in treatment can lead to better client outcomes and reduced residual symptoms. Rumination-focused cognitive-behavioral therapy (RFCBT) for depression combines carefully adapted elements of CBT with imagery, visualization, and compassion-based techniques. Leading clinician-researcher Edward R. Watkins provides everything needed to implement this innovative, empirically supported 12-session approach, including sample dialogues, a chapter-length case example, reflections and learning exercises for therapists, and 10 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size.

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## The Therapeutic Relationship in Cognitive-Behavioral Therapy: A Clinician's Guide

[Read More](#)

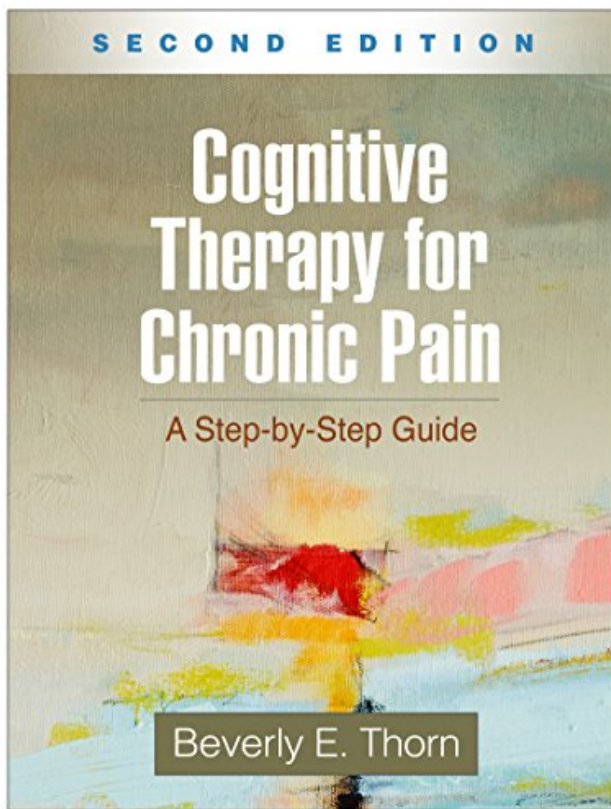
SKU: 9781462531288

Price: \$735.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

From leading cognitive-behavioral therapy (CBT) experts, this book describes ways to tailor empirically supported relationship factors that can strengthen collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides practical clinical recommendations accompanied by rich case examples and self-reflection exercises. The book shows how to use a strong case conceptualization to decide when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client feedback), and how to navigate the therapist's own emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents. Reproducible worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size.



## Cognitive Therapy for Chronic Pain, Second Edition: A Step-by-Step Guide

[Read More](#)

SKU: 9781462531691

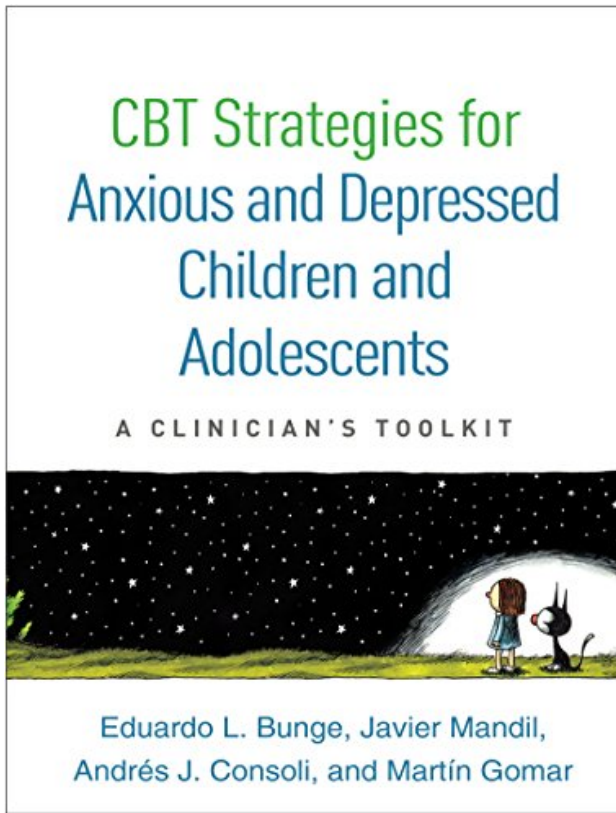
Price: \$819.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

This go-to manual--now revised and significantly expanded with more than 50% new material--has enabled thousands of clinicians to effectively treat clients with chronic pain. In the face of today's growing opioid crisis, pain self-management techniques are needed now more than ever. The volume shows how to implement 10 treatment modules that draw on proven cognitive-behavioral therapy (CBT) strategies. In a convenient large-size format, it includes 58 reproducible client handouts and assessment tools that purchasers can photocopy from the book or download and print from the companion website. The website also offers access to downloadable audio recordings of relaxation exercises narrated by the author, plus supplemental resources for treating clients with lower levels of literacy. New to This Edition \*Incorporates over a decade of important advances in pain research and clinical practice. \*Treatment modules that allow clients to enter a group at any point after an introductory session. \*Expanded with motivational enhancement, relaxation, and mindfulness techniques. \*Many new handouts, assessment tools, and therapist scripts, as well as audio downloads. \*Orients and engages clients using state-of-the-art research on how the brain processes pain.

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## CBT Strategies for Anxious and Depressed Children and Adolescents: A Clinician's Toolkit

[Read More](#)

SKU: 9781462528998

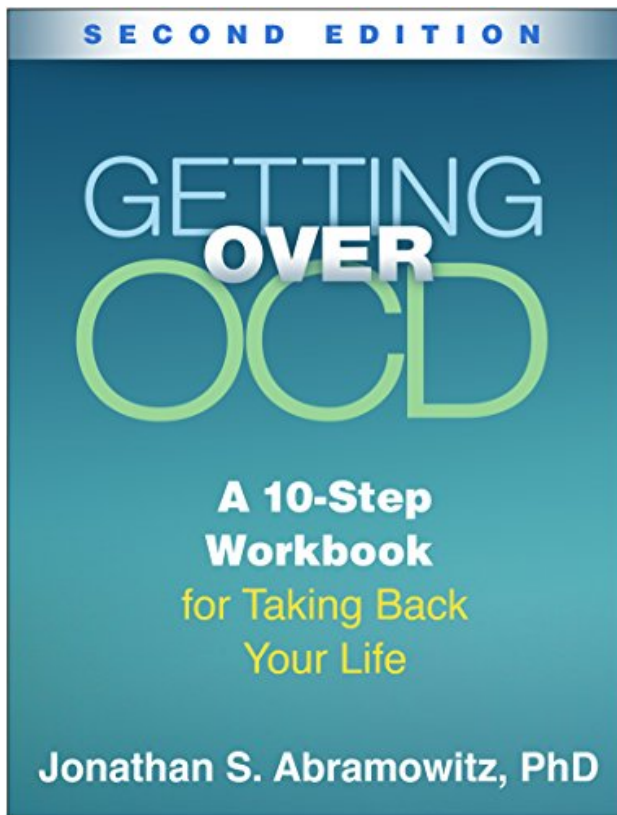
Price: \$735.00

Categories: [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PAEDIATRIC MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

In a large-size format for easy photocopying, this book provides 167 engaging full-color reproducible tools for use in cognitive-behavioral therapy (CBT) with 7- to 18-year-olds. Beautifully designed handouts and worksheets are presented for each phase of treating anxiety and depression, organized in a state-of-the-art modular framework that encourages therapeutic flexibility. Introductions to each module offer vital clinical pointers and describe when and how to use the various forms, illustrated with vivid case examples. The authors provide tips for sequencing treatment, troubleshooting common difficulties, and addressing developmental and cultural considerations. Purchasers get access to a Web page where they can download and print the reproducible handouts and worksheets.





## Getting Over OCD, Second Edition: A 10-Step Workbook for Taking Back Your Life (The Guilford Self-Help Workbook Series)

[Read More](#)

SKU: 9781462529704

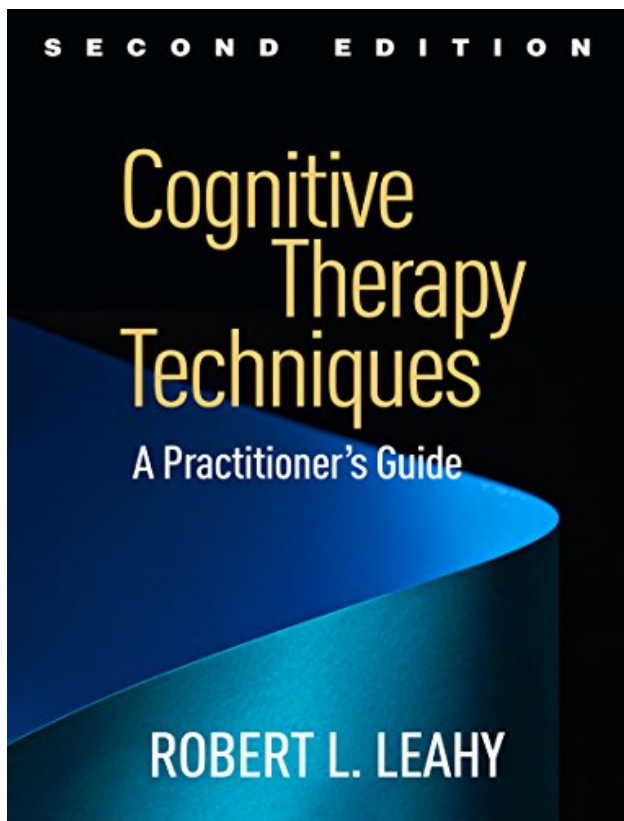
Price: \$481.95

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [Coping with illness & specific conditions](#), [Coping with personal problems](#), [FAMILY & HEALTH](#), [FAMILY, HOME AND PRACTICAL INTERESTS](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: \*Understand how OCD affects your mind and body. \*Develop a customized plan for change. \*Find relief from distressing intrusive thoughts. \*Confront the situations you avoid--and discover a new sense of safety. \*Break free of compulsive rituals. \*Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.

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## Cognitive Therapy Techniques, Second Edition: A Practitioner's Guide

[Read More](#)

SKU: 9781462528226

Price: \$1,155.00

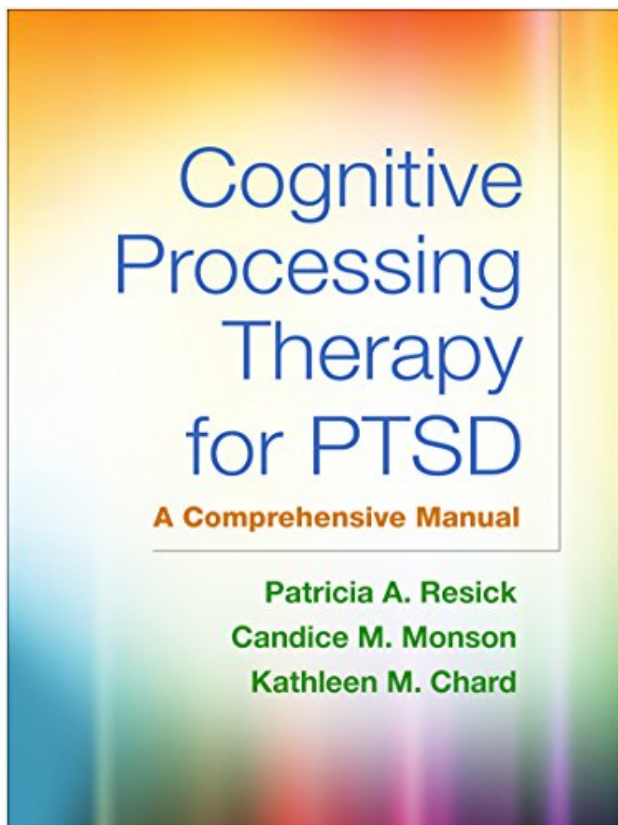
Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

This indispensable book has given many tens of thousands of practitioners a wealth of evidence-based tools for maximizing the power of cognitive therapy and tailoring it to individual clients. Leading authority Robert L. Leahy describes ways to help clients identify and modify problematic thoughts, core beliefs, and patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; cope with painful emotions; and take action to achieve their goals. Each technique includes vivid case examples and sample dialogues. Featuring 123 reproducible forms, the book has a large-size format for easy photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. **New to This Edition**

\*Numerous additional techniques and reproducible tools, including 48 new or revised forms. \*Chapters on decision-making problems, intrusive thoughts, and anger management issues. \*Incorporates the latest theory and research as well as cutting-edge techniques drawn from acceptance and commitment therapy (ACT), behavioral activation, dialectical behavior therapy (DBT), emotional schema therapy, and the metacognitive model. \*Significantly revised chapters on emotion regulation and worries. \*Filled-out examples for many of the forms.

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## Cognitive Processing Therapy for PTSD: A Comprehensive Manual

[Read More](#)

SKU: 9781462528646

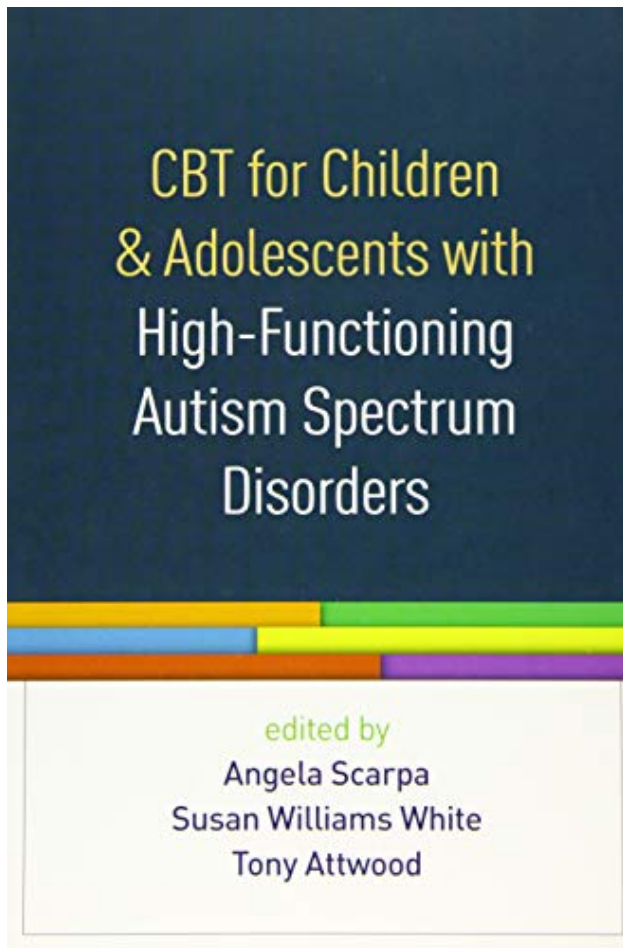
Price: \$819.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

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## CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders

[Read More](#)

SKU: 9781462527007

Price: \$651.00

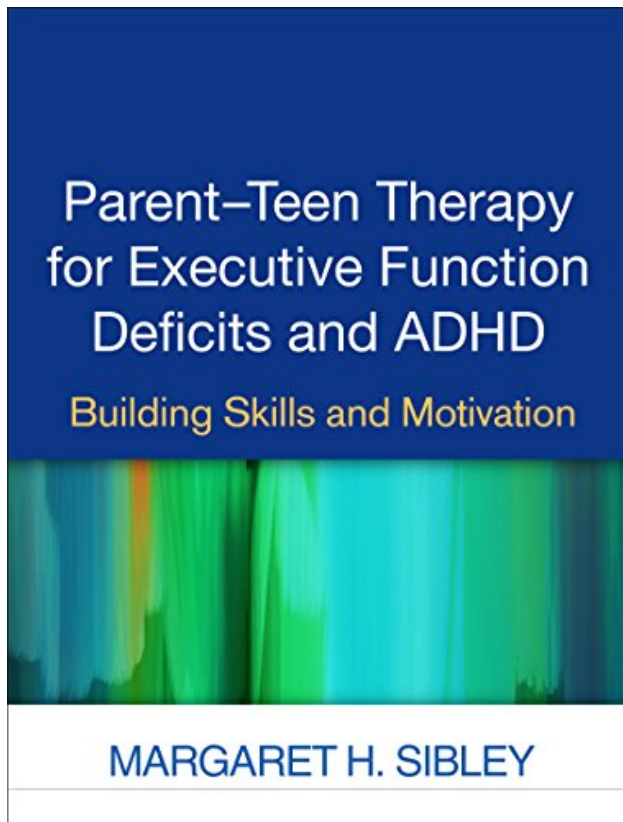
Categories: [Autism & Asperger's Syndrome](#), [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [NEUROLOGY & CLINICAL NEUROPHYSIOLOGY](#), [OTHER BRANCHES OF MEDICINE](#), [PAEDIATRIC MEDICINE](#), [PSYCHOTHERAPY](#)

edited by

Angela Scarpa  
Susan Williams White  
Tony Attwood

### Product Description

This book helps clinicians harness the benefits of cognitive-behavioral therapy (CBT) for children and adolescents with high-functioning autism spectrum disorders (ASD). Leading treatment developers describe promising approaches for treating common challenges faced by young people with ASD--anxiety and behavior problems, social competence issues, and adolescent concerns around sexuality and intimacy. Chapters present session-by-session overviews of each intervention program, review its evidence base, and address practical considerations in treatment. The book also discusses general issues in adapting CBT for this population and provides a helpful framework for assessment and case conceptualization informed by DSM-5.



## Parent-Teen Therapy for Executive Function Deficits and ADHD: Building Skills and Motivation

[Read More](#)

SKU: 9781462527694

Price: \$651.00

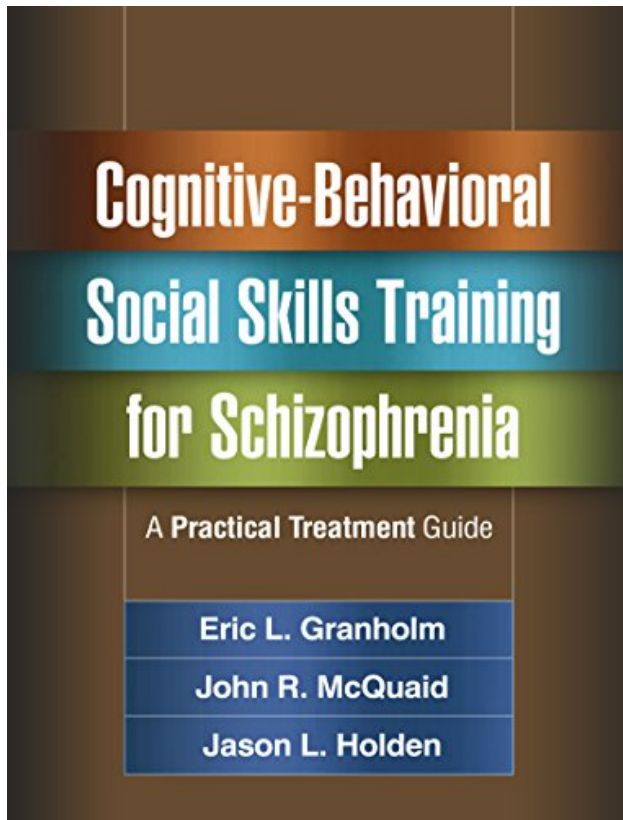
Categories: [Child & developmental psychology](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [EDUCATION](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHIATRY](#), [PSYCHOLOGY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#), [Teaching of specific groups & persons with special educational needs](#), [Teaching of students with specific learning difficulties / needs](#)

### Product Description

This user-friendly manual presents an innovative, tested approach to helping teens overcome the frustrating organizational and motivation problems associated with executive function deficits and attention-deficit/hyperactivity disorder (ADHD). The Supporting Teens' Autonomy Daily (STAND) approach uses motivational interviewing (MI) to engage teens and their parents in building key compensatory skills in organization, time management, and planning. Parent training components ease family conflict and equip parents to support kids' independence. Ready-to-use worksheets and rating scales are provided; the book has a large-size format for easy photocopying. Purchasers get access to a Web page where they can download and print all 45 reproducible tools.

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## Cognitive-Behavioral Social Skills Training for Schizophrenia: A Practical Treatment Guide

[Read More](#)

SKU: 9781462524716

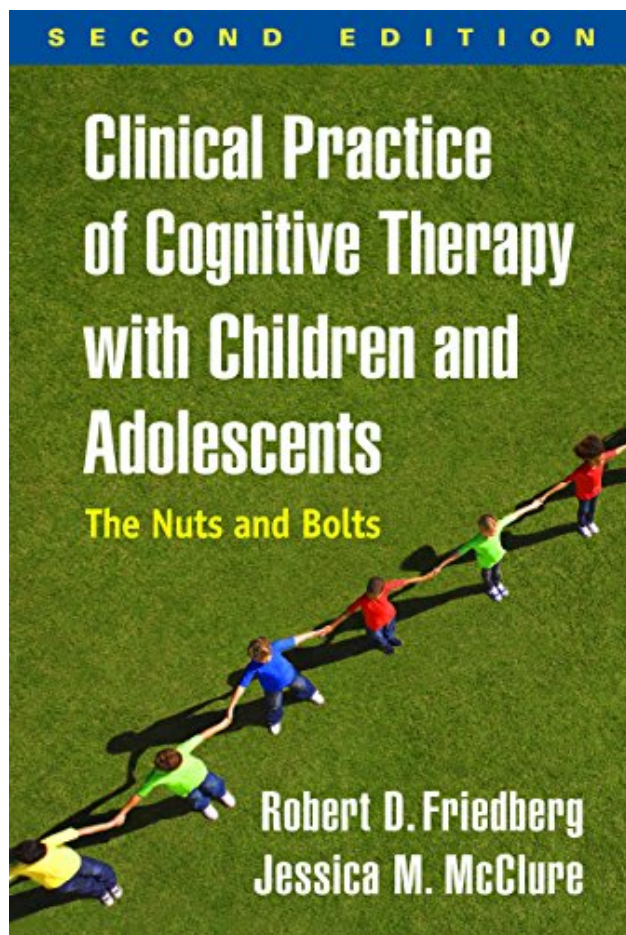
Price: \$861.00

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

This unique manual presents cognitive-behavioral social skills training (CBSST), a step-by-step, empirically supported intervention that helps clients with schizophrenia achieve recovery goals related to living, learning, working, and socializing. CBSST interweaves three evidence-based practices--cognitive-behavioral therapy, social skills training, and problem-solving training--and can be delivered in individual or group contexts. Highly user friendly, the manual includes provider scripts, teaching tools, and engaging exercises and activities. Reproducible consumer workbooks for each module include skills summaries and worksheets. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. Listed in SAMHSA's National Registry of Evidence-Based Programs and Practices

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## Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts

[Read More](#)

SKU: 9781462519804

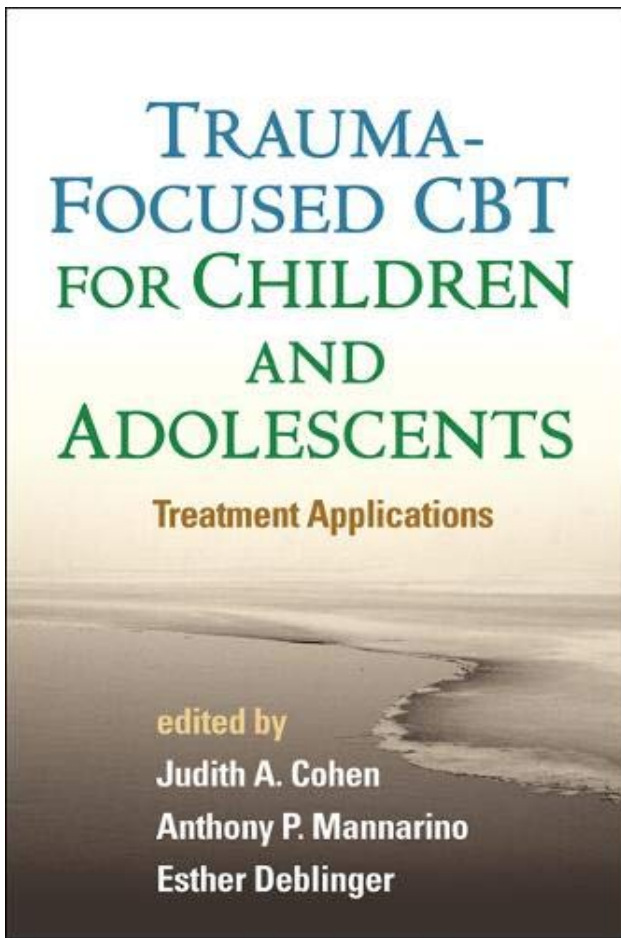
Price: \$2,415.00

Categories: [Child & developmental psychology](#), [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PAEDIATRIC MEDICINE](#), [PSYCHOLOGY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#)

### Product Description

Widely regarded as the definitive practitioner reference and teaching text, this book provides a complete introduction to doing cognitive-behavioral therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescent's unique developmental and clinical needs. Coverage includes how to orient children and families to cognitive therapy, structure each session, and implement a wide range of CBT techniques. Rich case material illustrates ways that CBT can help children struggling with specific emotional and behavioral problems. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2 x 11 size. New to This Edition Incorporates the latest advances in CBT with youth and gives increased attention to cultural issues, including new case examples. Chapter on working with patients with autism spectrum disorder. Chapter on cognitive-behavioral family therapy. Pull-out boxes throughout that summarize key points. Epilogue on developing clinical wisdom. See also the authors' *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice*, which presents creative ways to address challenging problems.

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## Trauma-Focused CBT for Children and Adolescents: Treatment Applications

[Read More](#)

SKU: 9781462504824

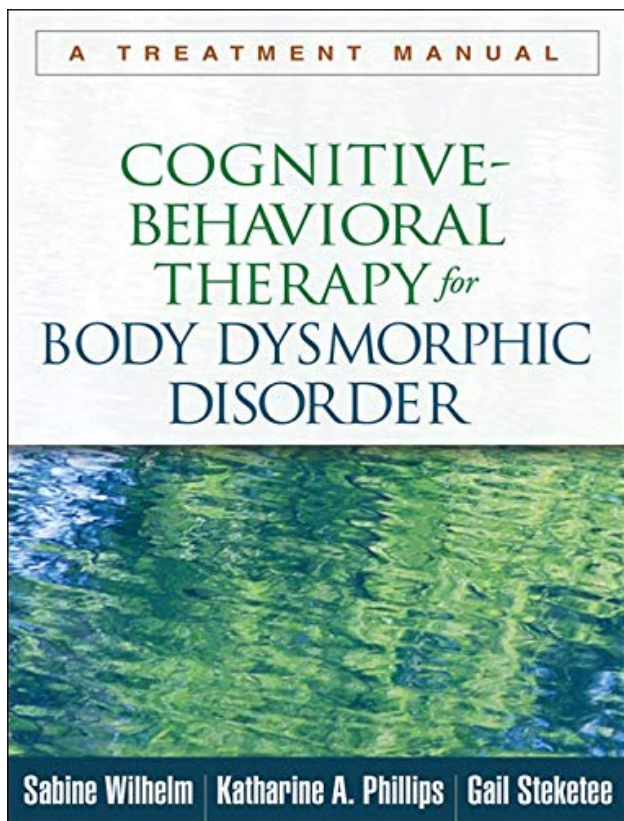
Price: \$1,659.00

Categories: [CLINICAL & INTERNAL MEDICINE](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PAEDIATRIC MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Featuring a wealth of clinical examples, this book facilitates implementation of Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) in a range of contexts. It demonstrates how assessment strategies and treatment components can be tailored to optimally serve clients' needs while maintaining overall fidelity to the TF-CBT model. Coverage includes ways to overcome barriers to implementation in residential settings, foster placements, and low-resource countries. Contributors also describe how to use play to creatively engage kids of different ages, and present TF-CBT applications for adolescents with complex trauma, children with developmental challenges, military families struggling with the stresses of deployment, and Latino and Native American children. See also Cohen et al.'s authoritative TF-CBT manual, *Treating Trauma and Traumatic Grief in Children and Adolescents*, Second Edition.

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## Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Treatment Manual

[Read More](#)

SKU: 9781462507900

Price: \$945.00

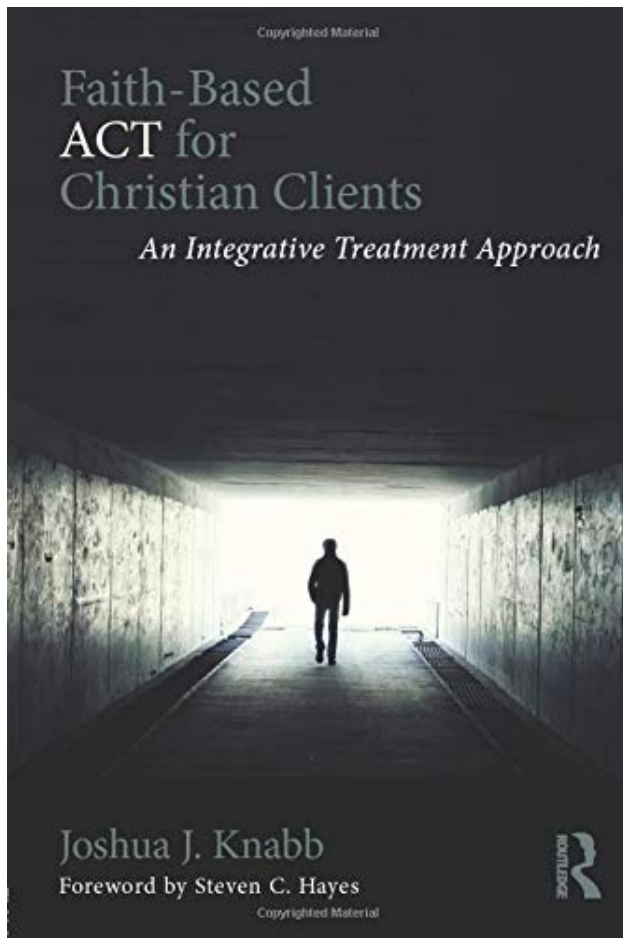
Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that characterize BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying. See also the related self-help guide by Dr. Wilhelm, *Feeling Good about the Way You Look*, an ideal recommendation for clients with BDD or less severe body image problems.

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## Faith-Based ACT for Christian Clients: An Integrative Treatment Approach

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SKU: 9781138942615

Price: \$1,048.95

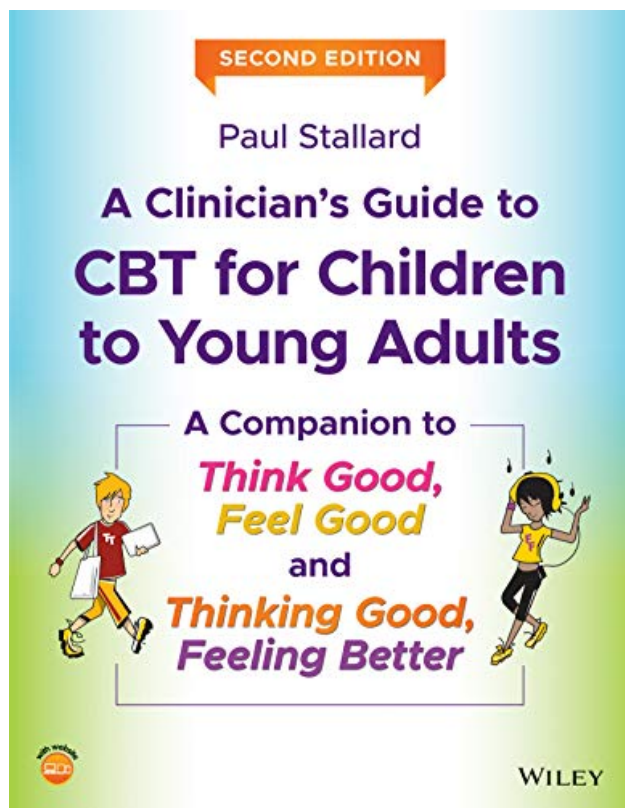
Categories: [Christianity](#), [CLINICAL PSYCHOLOGY](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [Counselling & advice services](#), [MEDICAL SCIENCE](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#), [RELIGION & BELIEFS](#), [RELIGION: GENERAL](#), [SOCIAL SCIENCES](#), [SOCIAL SERVICES & WELFARE](#), [CRIMINOLOGY](#), [Social welfare & social services](#), [Social work](#)

### Product Description

Faith-Based ACT for Christian Clients balances empirical evidence with theology to give clinicians a deep understanding of not just the why but also the how of Acceptance and Commitment Therapy for Christian clients. Chapters include a detailed exploration of the overlap between ACT and the Christian faith, case studies, and techniques that are explicitly designed to be accessible to non-Christian as well as Christian (including evangelical Christian) counselors and therapists. Chapters present the established research on mindfulness and ACT, including a nuanced, non-dichotomous view of complex issues such as medication, and lay a firm theological foundation through the use of engaging biblical stories and metaphors.

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## A Clinician's Guide to CBT for Children to Young Adults: A Companion to Think Good, Feel Good and Thinking Good, Feeling Better

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SKU: 9781119396314

Price: \$943.95

Categories: [Child & developmental psychology](#), [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOLOGY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#)

### Product Description

A powerful and insightful clinical resource for CBT practitioners who work with children and young adults. The newly updated and thoroughly revised Second Edition of this companion to Think Good, Feel Good and Thinking Good, Feeling Better delivers guidance for clinicians using the author's seminal workbooks. This companion work builds upon the workbook materials by offering readers instruction on all aspects of the therapeutic process and a wide range of case studies highlighting specific therapies in action. A Clinician's Guide covers topics including parental involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery, and the use of imagery. The author also includes a chapter focusing on common potential problems that arise in therapy and strategies to overcome them. The book highlights the underlying philosophy, process, and core skills of employing CBT with children and young people. Readers will appreciate the competency framework, which describes the CORE philosophy, PRECISE process, and the ABCs of specific techniques. The book also includes: Additional materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, like depression, OCD, PTSD, and anxiety. Downloadable, multi-use worksheets for use in the clinician's therapeutic sessions. Practical, real-world case examples that shed light on the techniques and strategies discussed in the book. A systematic approach to the use of cognitive behavioural therapy to treat common psychological problems. Perfect for professionals and trainees in child and adolescent mental health, like psychiatrists, clinical psychologists, educational psychologists, community psychiatric nurses, and occupational therapists, the book also belongs on the shelves of non-mental health professionals, including school nurses and social workers, who regularly work with children in a therapeutic setting.

DONALD ROBERTSON



## THE PHILOSOPHY OF COGNITIVE-BEHAVIOURAL THERAPY (CBT)

Stoic Philosophy as Rational  
and Cognitive Psychotherapy

Second Edition



## The Philosophy of Cognitive-Behavioural Therapy (CBT): Stoic Philosophy as Rational and Cognitive Psychotherapy

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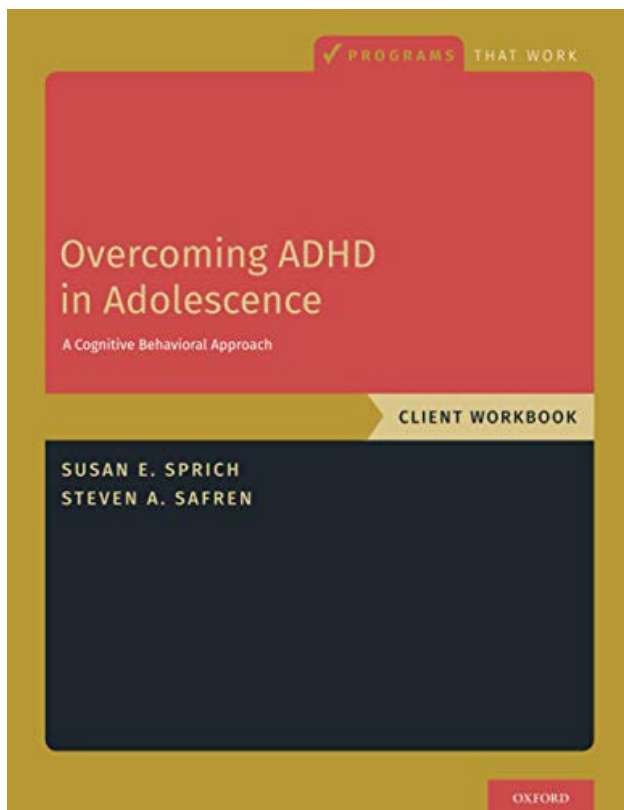
SKU: 9780367219147

Price: \$901.95

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PHILOSOPHY](#), [PHILOSOPHY](#), [Psychoanalytical theory \(Freudian psychology\)](#), [Psychological theory & schools of thought](#), [PSYCHOLOGY](#), [PSYCHOTHERAPY](#), [SOCIAL SCIENCES](#)

### Product Description

This exciting new edition of *The Philosophy of Cognitive-Behavioural Therapy (CBT)* demonstrates how techniques and concepts from Socratic philosophy, especially Stoicism, can be integrated into the practise of CBT and other forms of psychotherapy. What can we learn about psychological therapy from ancient philosophers? Psychotherapy and philosophy were not always separate disciplines. Here, Donald Robertson explores the relationship between ancient Greek philosophy and modern cognitive-behavioural psychotherapy. The founders of CBT described Stoicism as providing the philosophical origins of their approach and many parallels can be found between Stoicism and CBT, in terms of both theory and practise. Starting with hypnotism and early twentieth century rational psychotherapy and continuing through early behaviour therapy, rational-emotive behaviour therapy (REBT), and cognitive-behavioural therapy (CBT), the links between Stoic philosophy and modern psychotherapy are identified and explained. This book is the first detailed account of the influence of Stoic philosophy upon modern psychotherapy. It provides a fascinating insight into the revival of interest in ancient Western philosophy as a guide to modern living. It includes many concepts and techniques, which can be readily applied in modern psychotherapy or self-help. This new edition, covering the growth in third-wave CBT, including mindfulness and acceptance-based therapies, will appeal to any mental health practitioner working in this area, as well as students and scholars of these fields.



## Overcoming ADHD in Adolescence: A Cognitive Behavioral Approach, Client Workbook: A Cognitive Behavioral Approach, Client Workbook (PROGRAMS THAT WORK)

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SKU: 9780190854485

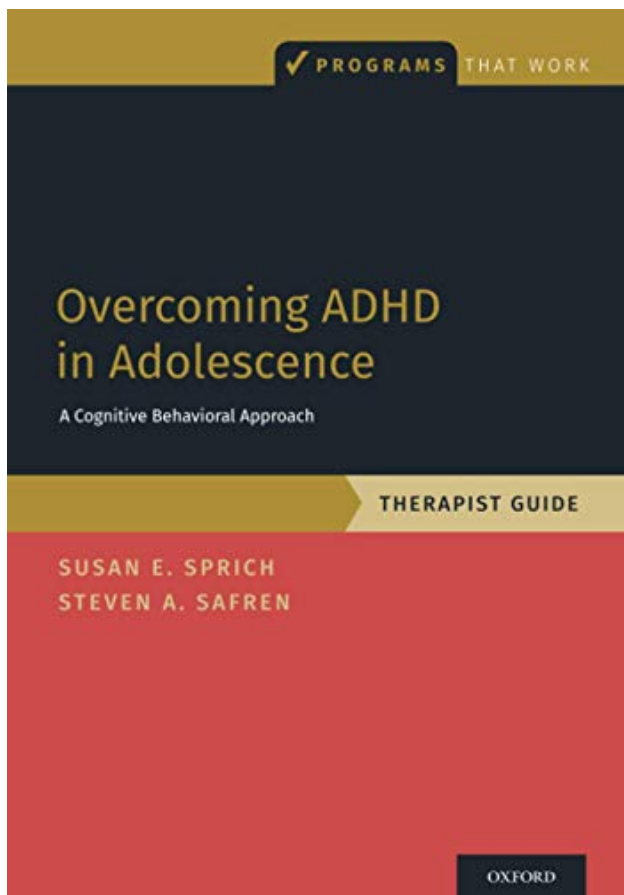
Price: \$733.95

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Overcoming ADHD in Adolescence: A Cognitive Behavioral Approach - Client Workbook presents a scientifically supported intervention designed to help adolescents learn to manage and cope with their ADHD symptoms. Meant to be used in therapy and in conjunction with the complementary Therapist Guide, the Workbook features lessons on organization and planning, reducing distractibility, and adaptive thinking, as well as an optional section on reducing procrastination. The emphasis is primarily on teaching the adolescent how to learn and use skills to combat ADHD and function independently. The book offers guidance on how parents can be involved in the treatment, enabling them to achieve a better balance between the wish to help adolescents succeed and the need for adolescents to move towards independence. The Workbook also explores how technology can be incorporated into the treatment, concluding with a discussion on how to maintain the gains that adolescents have made in therapy. The book is complete with easy-to-use worksheets and forms.

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## Overcoming ADHD in Adolescence: A Cognitive Behavioral Approach, Therapist Guide: A Cognitive Behavioral Approach, Therapist Guide (PROGRAMS THAT WORK)

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SKU: 9780190854522

Price: \$1,006.95

Categories: [CLINICAL PSYCHOLOGY](#), [Cognitive behavioural therapy](#), [MEDICINE](#), [OTHER BRANCHES OF MEDICINE](#), [PSYCHOTHERAPY](#)

### Product Description

Overcoming ADHD in Adolescence: A Cognitive Behavioral Approach - Therapist Guide presents a manualized psychosocial intervention designed to help adolescent clients learn to manage and cope with their ADHD symptoms. Designed for use by therapists familiar with cognitive behavioral therapy (CBT) and/or structured psychotherapeutic approaches, and meant to be used in conjunction with the complementary Workbook for clients, the Therapist Guide features core modules on organization and planning, reducing distractibility, and adaptive thinking, as well as an optional module on reducing procrastination. The emphasis is primarily on teaching the adolescent how to learn and use skills to combat ADHD and function independently. The book offers guidance on including parents in the treatment-inviting a parent or parents in at the end of sessions, involving parents in goal setting, and optional coaching sessions without the adolescent present. Both this Therapist Guide and the companion Workbook for clients also offer a discussion of how to incorporate technology into the treatment, as well as signposts of change sections in each chapter. The Therapist Guide concludes with a discussion of how to help the client maintain the gains that he or she has made in treatment. The books are complete with worksheets and forms as well as a link to an online assessment measure that can be used repeatedly to gauge progress in treatment.