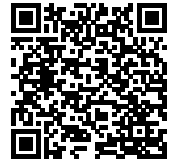


Cognitive Behavioural Therapy for anxiety and related disorders

[View Online](#)

Beck, Aaron T. (1979) Cognitive therapy of depression. New York: Guilford Press.

Beck, Aaron T., Freeman, Arthur, and Davis, Denise D. (2004) Cognitive therapy of personality disorders. 2nd ed. London: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=1760724>.

Beck, Judith S. (1995) Cognitive therapy: basics and beyond. New York: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=5267675>.

Bennett-Levy, James (2004) Oxford guide to behavioural experiments in cognitive therapy. Oxford: Oxford University Press.

Burns, David D. (1999a) The feeling good handbook. Rev. ed. New York: Plume.

Burns, David D. (1999b) The feeling good handbook. Rev. ed. New York: Plume.

Butler, Gillian, Fennell, Melanie J. V., and Hackmann, Ann (2008) Cognitive-behavioral therapy for anxiety disorders: mastering clinical challenges. New York: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=479598>.

Clark, David A. and Beck, Aaron T. (2010) Cognitive therapy of anxiety disorders: science and practice. London: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=464906>.

Dugas, Michel J. and Robichaud, Melisa (2007) Cognitive-behavioral treatment for generalized anxiety disorder: from science to practice. New York: Routledge. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=5771617>.

Fennell, Melanie J. V. (2009) Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques. New York: Basic Books.

Gelder, Michael G., Clark, David M., and Fairburn, Christopher G. (1997) Science and practice of cognitive behaviour therapy. Oxford: Oxford University Press.

Gilbert, Paul (2009) Overcoming depression: a self-help guide using cognitive behavioral techniques. New York: Basic Books.

Gilbert, Paul and Leahy, Robert L. (2007) The therapeutic relationship in the cognitive

behavioral psychotherapies. London: Routledge. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=356246>.

Greenberger, Dennis and Padesky, Christine A. (1996) *Mind over mood: change how you feel by changing the way you think*. New York: Guilford Press.

Harvey, Allison G. (2004) *Cognitive behavioural processes across psychological disorders: a transdiagnostic approach to research and treatment*. Oxford: Oxford University Press.

Hawton, Keith (1989) *Cognitive behaviour therapy for psychiatric problems: a practical guide*. Oxford: Oxford University Press. Available at:
<https://doi.org/10.1093/med:psych/9780192615879.001.0001>.

Hollon, Steven D.; Shelton, Richard C.; Loosen, Peter T.(1991) (1968) 'Cognitive therapy and pharmacotherapy for depression', *Journal of consulting and clinical psychology*, 59(1).

Kennerley, Helen (2009) *Overcoming anxiety: a self-help guide using cognitive behavioral techniques*. London: Robinson.

Kinsella, Philip and Garland, Anne (2008) *Cognitive behavioural therapy for mental health workers: a beginner's guide*. Hove: Routledge. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=356360>.

Kovacs, M. and Beck, A.T (1978) (no date) 'Maladaptive Cognitive Structures in Depression', *The American journal of psychiatry* [Preprint], (135).

Kuyken, W., Padesky, Christine A., and Dudley, Robert (2009) *Collaborative case conceptualization: working effectively with clients in cognitive-behavioral therapy*. New York: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=410676>.

Leahy, Robert L. (2001) *Overcoming resistance in cognitive therapy*. London: Guilford Press.

Leahy, Robert L. (2003) *Cognitive therapy techniques: a practitioner's guide*. London: Guilford Press.

Mace, Chris, Moorey, Stirling, and Roberts, Bernard (2001) *Evidence in the psychological therapies: a critical guide for practitioners*. Hove: Brunner-Routledge. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=240270>.

Overcoming series - other titles (no date).

Persons, Jacqueline B. (2008) *The case formulation approach to cognitive-behavior therapy*. London: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=360937>.

Roth, Anthony and Fonagy, Peter (2005) *What works for whom?: a critical review of psychotherapy research*. 2nd ed. London: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=406032>.

Salkovskis, Paul M. (1996) *Frontiers of cognitive therapy*. London: Guilford Press.

Steketee, Gail (1999a) *Overcoming obsessive-compulsive disorder: a behavioral and cognitive protocol for the treatment of OCD : client manual*. Oakland, Calif: New Harbinger Publications.

Steketee, Gail (1999b) *Overcoming obsessive-compulsive disorder: a behavioral and cognitive protocol for the treatment of OCD : client manual*. Oakland, Calif: New Harbinger Publications.

Tarrier, Nicholas, Wells, Adrian, and Haddock, Gillian (1998) *Treating complex cases: the cognitive behavioural therapy approach*. Chichester: John Wiley.

Wells, Adrian (1997) *Cognitive therapy of anxiety disorders: a practice manual and conceptual guide*. Chichester: John Wiley & Sons. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=739102>.

Wells, Adrian (2009) *Metacognitive therapy for anxiety and depression*. New York: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=371191>.

Westbrook, David, Kennerley, Helen, and Kirk, Joan (2011) *An introduction to cognitive behaviour therapy: skills and applications*. 2nd ed. London: SAGE.

Williams, J. Mark G. (1997) *Cognitive psychology and emotional disorders*. 2nd ed. Chichester: Wiley.

Young, Jeffrey E. and Klosko, Janet S. (1994) *Reinventing your life: the breakthrough program to end negative behavior-- and feel great again*. 1st Plume ed. New York: Plume. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=5778021>.

Young, Jeffrey E., Klosko, Janet S., and Weishaar, Marjorie E. (2003) *Schema therapy: a practitioner's guide*. New York: Guilford Press. Available at:
<https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=330590>.