Cognitive Behavioural Therapy for anxiety and related disorders



Beck, Aaron T. Cognitive Therapy of Depression. Guilford clinical psychology and psychotherapy series. New York: Guilford Press, 1979. Print.

Beck, Aaron T., Freeman, Arthur, and Davis, Denise D. Cognitive Therapy of Personality Disorders. 2nd ed. London: Guilford Press, 2004. Web.

https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=1760724.

Beck, Judith S. Cognitive Therapy: Basics and Beyond. New York: Guilford Press, 1995. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=5267675.

Bennett-Levy, James. Oxford Guide to Behavioural Experiments in Cognitive Therapy. Cognitive behaviour therapy. Oxford: Oxford University Press, 2004. Print.

Burns, David D. The Feeling Good Handbook. Rev. ed. New York: Plume, 1999. Print.

---. The Feeling Good Handbook. Rev. ed. New York: Plume, 1999. Print.

Butler, Gillian, Fennell, Melanie J. V., and Hackmann, Ann. Cognitive-Behavioral Therapy for Anxiety Disorders: Mastering Clinical Challenges. Guides to individualized evidence-based treatment. New York: Guilford Press, 2008. Web.

https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=479598>.

Clark, David A. and Beck, Aaron T. Cognitive Therapy of Anxiety Disorders: Science and Practice. London: Guilford Press, 2010. Web.

https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=464906.

Dugas, Michel J. and Robichaud, Melisa. Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice. Practical clinical guidebooks series. New York: Routledge, 2007. Web.

https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=5771617.

Fennell, Melanie J. V. Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioral Techniques. New York: Basic Books, 2009. Print.

Gelder, Michael G., Clark, David M., and Fairburn, Christopher G. Science and Practice of Cognitive Behaviour Therapy. Oxford medical publications. Oxford: Oxford University Press, 1997. Print.

Gilbert, Paul. Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral

Techniques. New York: Basic Books, 2009. Print.

Gilbert, Paul and Leahy, Robert L. The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies. London: Routledge, 2007. Web.

https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=356246.

Greenberger, Dennis and Padesky, Christine A. Mind over Mood: Change How You Feel by Changing the Way You Think. New York: Guilford Press, 1996. Print.

Harvey, Allison G. Cognitive Behavioural Processes across Psychological Disorders: A Transdiagnostic Approach to Research and Treatment. Oxford: Oxford University Press, 2004. Print.

Hawton, Keith. Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide. Oxford medical publications. Oxford: Oxford University Press, 1989. Web. https://academic.oup.com/book/doi/10.1093/med:psych/9780192615879.001.0001.

Hollon, Steven D.; Shelton, Richard C.; Loosen, Peter T.(1991). 'Cognitive Therapy and Pharmacotherapy for Depression'. Journal of consulting and clinical psychology 59.1 (1968): n. pag. Print.

Kennerley, Helen. Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques. Overcoming series. London: Robinson, 2009. Print.

Kinsella, Philip and Garland, Anne. Cognitive Behavioural Therapy for Mental Health Workers: A Beginner's Guide. Hove: Routledge, 2008. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=356360.

Kovacs, M. and Beck, A.T (1978). 'Maladaptive Cognitive Structures in Depression'. The American journal of psychiatry 135 n. pag. Print.

Kuyken, W., Padesky, Christine A., and Dudley, Robert. Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy. New York: Guilford Press, 2009. Web.

https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=410676.

Leahy, Robert L. Cognitive Therapy Techniques: A Practitioner's Guide. London: Guilford Press, 2003. Print.

---. Overcoming Resistance in Cognitive Therapy. London: Guilford Press, 2001. Print.

Mace, Chris, Moorey, Stirling, and Roberts, Bernard. Evidence in the Psychological Therapies: A Critical Guide for Practitioners. Hove: Brunner-Routledge, 2001. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=240270.

'Overcoming Series - Other Titles'. N.p., n.d. Print.

Persons, Jacqueline B. The Case Formulation Approach to Cognitive-Behavior Therapy. Guides to individualized evidence-based treatment. London: Guilford Press, 2008. Web. https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=360937.

Roth, Anthony and Fonagy, Peter. What Works for Whom?: A Critical Review of Psychotherapy Research. 2nd ed. London: Guilford Press, 2005. Web. https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=406032.

Salkovskis, Paul M. Frontiers of Cognitive Therapy. London: Guilford Press, 1996. Print.

Steketee, Gail. Overcoming Obsessive-Compulsive Disorder: A Behavioral and Cognitive Protocol for the Treatment of OCD: Client Manual. Best practices for therapy: empirically based treatment protocols. Oakland, Calif: New Harbinger Publications, 1999. Print.

---. Overcoming Obsessive-Compulsive Disorder: A Behavioral and Cognitive Protocol for the Treatment of OCD: Client Manual. Best practices for therapy: empirically based treatment protocols. Oakland, Calif: New Harbinger Publications, 1999. Print.

Tarrier, Nicholas, Wells, Adrian, and Haddock, Gillian. Treating Complex Cases: The Cognitive Behavioural Therapy Approach. Wiley series in clinical psychology. Chichester: John Wiley, 1998. Print.

Wells, Adrian. Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide. Chichester: John Wiley & Sons, 1997. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=739102.

---. Metacognitive Therapy for Anxiety and Depression. New York: Guilford Press, 2009. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=371191.

Westbrook, David, Kennerley, Helen, and Kirk, Joan. An Introduction to Cognitive Behaviour Therapy: Skills and Applications. 2nd ed. London: SAGE, 2011. Print.

Williams, J. Mark G. Cognitive Psychology and Emotional Disorders. 2nd ed. Wiley series in clinical psychology. Chichester: Wiley, 1997. Print.

Young, Jeffrey E. and Klosko, Janet S. Reinventing Your Life: The Breakthrough Program to End Negative Behavior-- and Feel Great Again. 1st Plume ed. New York: Plume, 1994. Web. https://ebookcentral.proguest.com/lib/nottingham/detail.action?docID=5778021.

Young, Jeffrey E., Klosko, Janet S., and Weishaar, Marjorie E. Schema Therapy: A Practitioner's Guide. New York: Guilford Press, 2003. Web. https://ebookcentral.proquest.com/lib/nottingham/detail.action?docID=330590.