CBT to Help Young People with Asperger's Syndrome (Autism Spectrum Disorder) to Understand and Express Affection - Tony Attwood and Michelle Garnett

Children and adolescents with Autism Spectrum Disorders (ASD) are often not instinctive and intuitive in expressing their liking or love for someone, or in understanding that family members, friends, and others need affection. Expressing affection to teachers, other close professionals, or family friends, can be even more challenging. This book, by the leading experts in the field, provides a carefully constructed CBT programme for professionals to help boys and girls with an ASD to feel confident recognising, expressing, and enjoying affection.


Cognitive Behavioral Therapy (CBT) has been shown to be effective for treating mental health problems such as anxiety and depression in individuals both with and without autism spectrum disorders. This book bridges the gap between research and practice and shows adults on the spectrum practical ways to manage their emotions. Many adults on the autism spectrum experience isolation, interpersonal difficulties, anxiety, depressed mood, and coping problems. By applying theory and concepts from autism research, this book will help adults on the spectrum to understand their challenges.

CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders - Angela Scarpa, Susan Williams White and Tony Attwood

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.

Cognitive Behavior Therapy and Eating Disorders  Christopher G Fairburn

Written with the practitioner in mind, this book demonstrates how a transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice. Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and how to adapt it for adolescents and patients who require hospitalization.

Dialectical Behavior Therapy for Binge Eating and Bulimia  Debra L Safer, Christy F Telch and Eunice Y Chen

This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. What makes this research-based approach unique is its focus on disordered eating as a problem of emotional dysregulation.
Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People - Kate Collins-Donnelly

Pbk  |  240pp  |  9781849054638  |  31/03/2014  |  RRP (inc GST)    A$43.95  |  NZ$52.95    Jessica Kingsley Publishers

This imaginative workbook contains activities and strategies to help you build up positive thoughts, feelings and beliefs about your body. Based on cognitive behavioural therapy principles and techniques, the activities will help you understand what body image means, what can influence your body image, how negative thoughts can affect it, and how to build self-esteem and positive beliefs. It’s packed with the stories of other young people so you know you’re not alone, as well as with loads of activities, tips and techniques that will help you fortify your Body Image Vault and banish the thief for good!

CBT for Older People: An Introduction  Ken Laidlaw

Pbk  |  224pp  |  9781849204606  |  15/12/2014  |  RRP (inc GST)    A$77  |  NZ$92    Sage Publications Ltd

Going beyond simple procedural modifications, this is the first book to address how the application of gerontology to CBT practice can augment CBT’s effectiveness and appropriateness with older people. This is an invaluable companion for any clinical psychology, counselling, CBT/IAPT, and social care trainee or professional new to working with older people, especially those who are keen to understand how the application of CBT may be different.

Cognitive Behavioral Approaches for Counselors  Diane Shea

Pbk  |  144pp  |  9781452282770  |  6/01/2015  |  RRP (inc GST)    A$79  |  NZ$95    Sage Publications Inc

Cognitive Behavioral Theories for Counselors comprises theories from the various schools of thought classified as cognitive-behavioral (including REBT). This text covers the historical development, theory, process, evaluation and application of the various methods falling under this approach. CBT and REBT approaches are based largely on the work of Aaron Beck and Albert Ellis and encourage clients to be active participants in their own treatment. The text will help counselors in training appreciate and learn the techniques associated with this approach via transcripts of actual client sessions and it will contain examples of how clients respond differently.

Cognitive Behavioural Counselling in Action 3ed  Peter Trower, Jason Jones and Windy Dryden

Pbk  |  280pp  |  9781473913691  |  12/12/2015  |  RRP (inc GST)    A$87  |  NZ$104    Sage Publications Ltd

This bestselling, practical, evidence-based guide to the cognitive behavioural approach takes you step-by-step through the process of counselling, from initial contact with the client to termination and follow up. The book follows a skills-based format based around the Bordin and Dryden model of bonds, goals, tasks and views, with expanded case material to further illustrate links between theory and practice. This third edition includes new content on: - the working alliances, what it is and why it is so important; - challenges and pitfalls in the counselling process; - when to challenge and when not to challenge clients beliefs: emotional problems such as shame, guilt and jealousy as well as anxiety, depression and anger.

Cognitive-Behavioral Therapy in Groups  Peter J Bieling, Randi E McCabe and Martin M Antony

Pbk  |  452pp  |  9781606234044  |  5/08/2009  |  RRP (inc GST)    A$96  |  NZ$115    Guilford Publications Inc

An authoritative practitioner guide and student text, this book offers clear advice on how to structure and lead cognitive-behavioural therapy (CBT) groups and overcome common challenges that arise. Emphasising that a CBT group is more than the sum of its individual members, the authors show how to understand and use group process to optimize outcomes. Up to date, accessible, and highly practical, the book is filled with session outlines, sample dialogues, checklists, troubleshooting tips, and other user-friendly features.
Game-Based Cognitive-Behavioral Therapy for Child Sexual Abuse: An Innovative Treatment Approach - Craig Springer and Justin Misurell

Treating a confirmed or suspected case of childhood sexual abuse is undoubtedly one of the most challenging situations a clinician can face. This unique book, written by recognized experts on the evaluation and treatment of childhood sexual abuse, is the first to disseminate a comprehensive and integrative approach to treating child sexual abuse that combines the power of structured play therapy with cognitive-behavioral treatment. Created by the authors, game-based cognitive-behavioral therapy (GB-CBT) is a complete therapeutic package containing engaging techniques and effective strategies to treat the problems experienced by children and families impacted by sexual abuse.

CBT Art Activity Book: 100 illustrated handouts for creative therapeutic work - Jennifer Guest

Explore complex emotions and enhance self-awareness with these 100 ready-to-use creative activities. The intricate, attractive designs are illustrated in the popular zentangle style and are suitable for adults and young people, in individual or group work. The worksheets use cognitive behavioural therapy (CBT) and art therapy techniques to address outcomes including improved self-esteem, emotional wellbeing, anger management, coping with change and loss, problem solving and future planning. The colouring pages are designed for relaxing stress management and feature a complete illustrated alphabet and series of striking mandala designs.

Raising Self-Esteem in Adults: An Eclectic Approach With Art therapy, CBT and DBT Based Techniques - Susan I Buchalter

Self-esteem is the building block of therapy and wellness and is crucial in overcoming depression and anxiety and in leading a fulfilling, functional life. Filled with hundreds of practical activities to help clients build their self-esteem as they become increasingly mindful and self-aware, this book contains a rich assortment of approaches from art therapy, dialectical behavioral and cognitive behavioral therapy.

Cognitive Behavioral Therapy in K-12 School Settings: A Practitioner’s Toolkit - Diana Joyce-Beaulieu and Michael L Sulkowski

Features specific, highly effective counseling interventions for school age children that can be put to use immediately. Twenty percent of school-aged children in the U.S. experience mental health issues each year and Cognitive Behavioral Therapy (CBT) is one of the most effective and empirically supported interventions to address these needs. This practical, quick-reference handbook is for mental health professionals in the K-12 school setting who are seeking a hands-on guide for practicing CBT. Based on a wealth of research supporting the efficacy of CBT for school-aged children, it features specific interventions that can be applied immediately.

Reflection in CBT - Beverly Haarhoff and Richard Thwaites

Developing skills and competency in CBT is a complex process of which self-observation and self-reflection are an essential part. In this new book, leading figures Beverly Haarhoff and Richard Thwaites outline the rationale for a focus on self-reflective practice in CBT, before offering practical and accessible guidelines demonstrating how this can be achieved in training and practice. Highlighting relevant research throughout and using case studies to illustrate theory in practice, ten chapters consider: reflection in training and in supervision and self-supervision; reflecting on the therapeutic relationship, on our sociocultural perceptions and biases.
Skills in Cognitive Behaviour Therapy 2ed Frank Wills

This second edition is a step-by-step guide to the core techniques used by practitioners in achieving therapeutic change using the cognitive behavioural approach. Drilling down into the skills required at each stage of the therapeutic process, this new edition brings the therapeutic relationship to the forefront, showing trainees practically how to build and maintain a successful working alliance with their clients.

Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management - Kate Collins-Donnelly

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink! Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act – getting rid of their Anxiety Gremlins for good!

Clinical Practice of Cognitive Therapy with Children and Adolescents: The Nuts and Bolts 2ed - Robert D Friedberg and Jessica M McClure

Widely regarded as the standard teaching text and practitioner reference, 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.

Believing You Can is the First Step to Achieving: A CBT and Attribution Retraining Programme to Improve Self-Belief in Students aged 8-12 - Alicia R Chodkiewicz and Christopher Boyle

Believing You Can is the First Step to Achieving is a fun and engaging programme for students in the upper primary years that teaches the difference between helpful and unhelpful thinking, increases self-belief and in doing so increases motivation to learn. Do you ever hear students using phrases such as ‘I’m not smart enough to do this?’ or ‘I know I am going to fail?’ Combining techniques from Cognitive Behavioural Therapy and Attribution Retraining, this programme teaches students the link between thoughts, feelings and actions, how to challenge negative thinking, and how to celebrate success.

Cool Connections with Cognitive Behavioural Therapy: Encouraging Self-esteem, Resilience and Well-being in Children and Young People - Laurie Seiler

Cool Connections is a fun, engaging workbook that provides a cognitive behaviour therapy (CBT) approach to positively modifying the everyday thoughts and behaviours of children and young people aged 9 to 14.
Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People - Kate Collins-Donnelly

Pbk  |  240pp  |  9781849054621  |  28/04/2014  |  RRP (inc GST)  |  A$44.95  |  NZ$53.95  
Jessica King  

Build confidence and self-esteem with this fun and effective workbook for young people. Look out – the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how!

Your Special Price  
A$38  |  NZ$45

Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious Adolescents - Raychelle Cassada Lohmann

Pbk  |  240pp  |  9781849059695  |  21/12/2014  |  RRP (inc GST)  |  A$56.95  |  NZ$68  
Jessica Kingsle  

Today's teens are faced with all sorts of decisions, dilemmas and difficulties, from exam worries to friendship and relationship problems. The result is that anxiety is an increasingly common problem, and professionals need practical ways of helping these anxious teens. Teen Anxiety is a practical manual to use with teenagers to help them cope with anxious feelings. With 60 easy-to-do activities based on Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT), teenagers can be helped to understand what triggers their anxiety; the importance of taking care of themselves and how to work through anxious feelings.

Your Special Price  
A$48  |  NZ$57

Anxiety and Worry Workbook: The Cognitive Behavioral Solution  David Clark and Aaron T Beck

Pbk  |  294pp  |  9781606239186  |  15/10/2011  |  RRP (inc GST)  |  A$44.95  |  NZ$53.95  
Guilford Pu  

If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive therapy expert David A. Clark put the tools and techniques of cognitive behavior therapy at your fingertips in this compassionate guide. Learn practical strategies for identifying your anxiety triggers, challenging the thoughts and beliefs that lead to distress, safely facing the situations you fear, and truly loosening anxiety's grip—one manageable step at a time.

Your Special Price  
A$38  |  NZ$45

Mind Over Mood: Change How You Feel by Changing the Way You Think 2ed Dennis Greenberger and Christine A Padesky

Pbk  |  341pp  |  9781462520428  |  1/10/2015  |  RRP (inc GST)  |  A$52.95  |  NZ$61  
Guilford Public  

In this influential bestseller, Drs. Dennis Greenberger and Christine A. Padesky put the proven tools of cognitive-behavioral therapy (CBT) into an accessible self-help framework that has already helped more than 1,000,000 readers. Step-by-step worksheets (which purchasers can download and print for repeated use) teach effective skills for conquering depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.

Your Special Price  
A$45  |  NZ$51

Working with Emotion in Cognitive-Behavioral Therapy: Techniques for Clinical Practice - Nathan C Thoma and Dean McKay

Hbk  |  416pp  |  9781462517749  |  20/10/2014  |  RRP (inc GST)  |  A$104  |  NZ$125  
Guilford Public  

Working actively with emotion has been empirically shown to be of central importance in psychotherapy, yet has been underemphasised in much of the writing on cognitive-behavioural therapy (CBT). This state-of-the-art volume brings together leading authorities to describe ways to work with emotion to enrich therapy and achieve more robust outcomes that go beyond symptom reduction. Highlighting experiential techniques that are grounded in evidence, the book demonstrates clinical applications with vivid case material.

Your Special Price  
A$88  |  NZ$106
What is good CBT supervision? What makes an effective supervisor? How can qualified CBT therapists learn to become good CBT supervisors who work effectively with their supervisees? These are some of the questions addressed in this practical new book, examining what it takes to be a competent and confident CBT supervisor. Using the author’s unique framework of learning – the PURE Supervision Flower – the book equips trainees with the skills and competencies needed to prepare for, undertake, refine and enhance supervision practice across a wide range of settings.

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, not a psychological problem. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviours that are core features of 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.

This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive–compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials.

Engaging and authoritative, this is the first self-experiential cognitive-behavioral therapy (CBT) workbook specifically designed to help therapists enhance their skills. Twelve carefully sequenced modules guide readers to identify, formulate, and address a professional or personal problem using CBT, and to reflect on the experience. Self Practice/Self-Reflection (SP/SR) is an evidence-based training strategy which enables therapists to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. The book’s large-size format makes it easy to use the innumerable reproducible worksheets and forms.
Schema Therapy: A Practitioner's Guide  Jeffrey Young, Janet Klosko and Marjorie E Weishaar

Pbk  |  436pp  |  9781593853723  |  1/11/2006  |  RRP (inc GST)    A$97  |  NZ$117  Guilford Publicati

This book - written by the developer and two of the leading practitioners of Schema Therapy - is the first major text for clinicians wishing to learn and use this popular integrative approach. Provided in one comprehensive volume are an authoritative conceptual overview and step-by-step guidelines for assessment and treatment. Clinicians learn innovative ways to rapidly conceptualise challenging cases.

Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy - Willem Kuyken, Christine A Padesky and Robert Dudley

Pbk  |  366pp  |  9781462504480  |  17/11/2011  |  RRP (inc GST)    A$69  |  NZ$84  Guilford Publicati

Presenting an innovative framework for tailoring cognitive-behavioral interventions to each client's needs, this accessible book is packed with practical pointers and sample dialogues. Step by step, the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems, and that deepen in explanatory power as treatment progresses. An extended case illustration demonstrates the three-stage conceptualization process over the entire course of therapy with a multiproblem client. The approach emphasizes building resilience and coping while decreasing psychological distress.

Cognitive-Behavioral Treatment of Borderline Personality Disorder  Marsha M Linehan

Hbk  |  588pp  |  9780898621839  |  1/04/1993  |  RRP (inc GST)    A$149  |  NZ$179  Guilford Publica

The two volumes in Dr. Linehan’s program cover the full range of borderline conditions. In her far-reaching classic, Cognitive-Behavioral Treatment of Borderline Personality Disorder, Linehan describes in persuasive clinical detail the development and implementation of DBT. Because the behavioural skills training element of her program is so critical for working with borderline individuals, the companion Skills Training Manual presents session-by-session guidelines for imparting and integrating into the patient’s repertoire four key psychosocial skills notably absent in borderlines.

Assessment and Case Formulation in Cognitive Behavioural Therapy  Sarah Corrie, Michael Townend and Adrian Cockx

Pbk  |  320pp  |  9781473902763  |  9/01/2016  |  RRP (inc GST)    A$86  |  NZ$101  Sage Publications

This book offers a unique philosophical, theoretical and process-focused introduction to one of the cornerstones of CBT: assessment and case formulation. Updated and expanded to take account of the vast developments in the field of CBT since its first publication, this second edition follows a clear two part structure: Part One introduces trainees to the key theory, practice and processes of assessment and case formulation, Part Two provides practical illustrations of the theory through 12 extended case studies, considering both simple and complex presenting issues. Each of these chapters follows a set structure to enable easy comparison. Offering all they need to know about this crucial part of their training, this is essential reading for trainees on any CBT course.

Diagnostic and Statistical Manual of Mental Disorders 5ed (DSM-5)  American Psychiatric Association

Pbk  |  991pp  |  9780890425558  |  22/05/2013  |  RRP (inc GST)    A$260  |  NZ$309  American Psych Publishing

This new edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5), used by clinicians and researchers to diagnose and classify mental disorders, is the product of more than 10 plus years of effort by hundreds of international experts in all aspects of mental health. Their dedication and hard work have yielded an authoritative volume that defines and classifies mental disorders in order to improve diagnoses, treatment, and research.
Tackling Health Anxiety: A CBT Handbook  Helen Tyrer

Pbk  |  150pp  |  9781908020901  |  31/07/2013  |  RRP (inc GST)    A$54.95  |  NZ$65  |  Royal College

This is a straightforward account of the principles of delivering cognitive-behavioural therapy (CBT) for health anxiety in ordinary practice. Health anxiety is very common but it is often undetected, especially in medical settings where people are constantly looking for evidence of physical disease. One of the problems encountered in practice is that many people with this condition are more concerned with further tests and investigations to exclude physical illness than with addressing their own worries over health. The introduction of psychological treatment has to be handled sensitively if it is going to be acceptable. This book shows how it can be done.

Learning Cognitive-Behavior Therapy: An Illustrated Guide (Includes DVD)  Jesse H Wright, Monica Ramirez Basco and Michael E Thase


With its unique combination of “reading, seeing, and doing” through lavish use of video, tables and charts, learning exercises, troubleshooting examples, and practical tips for getting the most from treatment interventions, Learning Cognitive-Behavior Therapy: An Illustrated Guide is designed to help both students and practitioners master the core methods of this proven form of psychotherapy.

Dialectical Behaviour Therapy

New Changing Behavior in DBT®: Problem Solving in Action  Heidi L Heard and Michael A Swales

Hbk  |  254pp  |  9781462522644  |  10/11/2015  |  RRP (inc GST)    A$67  |  NZ$79  |  Guilford Publications

This book delves into problem solving, one of the core components of dialectical behavior therapy (DBT). The authors are leading DBT trainers who elucidate the therapy’s principles of behavior change and use illustrative case examples to illustrate their effective application. Particular attention is given to common pitfalls that therapists encounter in analyzing target behaviors—for example, a suicide attempt or an episode of bingeing and purging—and selecting and implementing appropriate solutions.

Dialectical Behavior Therapy in Clinical Practice: Applications Across Disorders and Settings - Linda A Dimeff and Kelly Koerner

Hbk  |  363pp  |  9781572309746  |  1/08/2007  |  RRP (inc GST)    A$101  |  NZ$121  |  Guilford Publications

Originally developed to treat suicidal individuals with borderline personality disorder, dialectical behavior therapy (DBT) has since been adapted to a range of settings and populations. This book brings together leading experts to describe how to set up a DBT program and implement this cost-effective, evidence-based treatment with adults, adolescents, couples and families, and forensic clients. Applications are presented for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex, difficult-to-treat problems.

DBT® Skills Manual for Adolescents  Jill H Rathus and Alec L Miller

Pbk  |  392pp  |  9781462515356  |  20/11/2014  |  RRP (inc GST)    A$89  |  NZ$107  |  Guilford Publications

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioural problems of any level of severity. Clinicians are guided step-by-step to teach teens and parents five sets of skills: Mindfulness; Distress Tolerance; Walking the Middle Path (a family-based module developed by the authors specifically for teens); Emotion Regulation; and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts.
Doing Dialectical Behavior Therapy: A Practical Guide  Kelly Koerner and Marsha Linehan

Hbk  |  219pp  |  9781462502325  |  23/12/2011  |  RRP (inc GST)    A$74  |  NZ$89  | Guilford Publicati  

Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT). DBT is expressly designed for—and proven effective with—clients with serious, multiple problems and a history of treatment failure. The book provides an accessible introduction to DBT while showing therapists of any orientation how to integrate elements of this evidence-based approach into their work with emotionally dysregulated clients. Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skilfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies.

Dialectical Behavior Therapy with Suicidal Adolescents  Alec L Miller, Jill H Rathus and Marsha M Linehan

Hbk  |  346pp  |  9781593853839  |  1/11/2006  |  RRP (inc GST)    A$107  |  NZ$128  | Guilford Publicica  

Filling a tremendous need, this highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions.

Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT®-Informed Approach - Julie F Brown

Pbk  |  365pp  |  9781462519286  |  8/01/2016  |  RRP (inc GST)    A$69  |  NZ$84  | Guilford Publicatio  

Skills System offers a concise, ultra-pragmatic skills training approach with comprehensive, step-by-step curriculum materials great for teaching emotion regulation to learners of all abilities. Both experienced and novice skills trainers will love this toolkit of teaching strategies. Informed by the principles and practices of dialectical behaviour therapy (DBT), this book presents skills training guidelines specifically designed for adults with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life.

DBT® Skills Training Manual 2ed  Marsha M Linehan

Pbk  |  504pp  |  9781462516995  |  20/10/2014  |  RRP (inc GST)    A$93  |  NZ$112  | Guilford Publica  

A comprehensive resource providing tools for implementing DBT skills training. The teaching notes and reproducible handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting individuals with a wide range of problems to DBT and teaching them mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills.

DBT® Skills Training Handouts and Worksheets 2ed  Marsha M Linehan

Spb  |  422pp  |  9781572307810  |  20/10/2014  |  RRP (inc GST)    A$55.95  |  NZ$68  | Guilford Public  

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients in dialectical behaviour therapy (DBT) skills training groups or individual therapy. All of the handouts and worksheets discussed in Marsha M Linehan's DBT Skills Training Manual 2ed are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems.
Cognitive Behavior Therapy: Basics and Beyond 2ed  Judith S Beck

Hbk  |  391pp  |  9781609185046  |  26/07/2011  |  RRP (inc GST)    A$105  |  NZ$125    Guilford Publications Inc

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behaviour therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioural, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action.

Your Special Price
A$89  |  NZ$106

Cognitive Behaviour Therapy: Foundations for Practice 3ed  Frank Wills and Diana Sanders

Pbk  |  352pp  |  9781849205658  |  31/10/2012  |  RRP (inc GST)    A$89  |  NZ$107    Sage Publications Ltd

In their established introduction to contemporary CBT theory and practice, Diana Sanders and Frank Wills show how therapeutic change takes place across a holistic network of cognitive, emotional and behavioural functioning. They explain the central concepts of CBT and illustrate - with numerous case examples - how these can effectively be put into practice at each stage of the therapeutic process.

Your Special Price
A$75  |  NZ$90

Introduction to Cognitive Behaviour Therapy: Skills and Applications 2ed  David Westbrook, Helen Kennerley and Joan Kirk

Pbk  |  448pp  |  9781848606876  |  31/03/2011  |  RRP (inc GST)    A$89  |  NZ$108    Sage Publications Ltd

This fully updated Introduction remains the key textbook for those coming to CBT for the first time, whether on training courses or as part of their everyday work. It is also useful for more experienced therapists wanting to refresh their core skills. A companion website featuring streamed extracts from video role-plays will be available to book purchasers, illustrating some of the key strategies described in the book.

Your Special Price
A$75  |  NZ$91

Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions - Christopher K Germer

Pbk  |  306pp  |  9781593859756  |  1/05/2009  |  RRP (inc GST)    A$36.95  |  NZ$44.95    Guilford Publications Inc

This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life. Vivid examples and innovative exercises and techniques make this an ideal resource for readers new to mindfulness or those who want to take their practice to the next level.

Your Special Price
A$31  |  NZ$38

Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management - Kate Collins-Donnelly

Pbk  |  176pp  |  9781849054935  |  28/08/2014  |  RRP (inc GST)    A$35.95  |  NZ$43.95    Jessica Kingsley Publishers

Help children to understand and manage their anger with this fun and imaginative workbook. Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and colouring, drawing, and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.

Your Special Price
A$30  |  NZ$37
Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People - Kate Collins-Donnelly
Pbk | 168pp | 9781849053419 | 15/01/2013 | RRP (inc GST) A$36.95 | NZ$44.95 | Jessica Kingsley Publishers

Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner.

Your Special Price
A$31 | NZ$38

Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management for Young People - Kate Collins-Donnelly
Pbk | 136pp | 9781849053402 | 15/01/2013 | RRP (inc GST) A$35.95 | NZ$42.95 | Jessica Kingsley Publishers

Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles. Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin. For ages 10 years and up.

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Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People - Kate Collins-Donnelly
Pbk | 88pp | 9781849052863 | 1/01/2012 | RRP (inc GST) A$33.95 | NZ$39.95 | Jessica Kingsley

This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+.

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