

Theory and Practice of Cognitive Behaviour Therapy for Depression and Anxiety (Year 2014-2015)

[View Online](#)

20 items

An Introduction to Cognitive Behaviour Therapy: Skills and Applications, by David Westbrook; Helen Kennerley; Joan Kirk, 2017

[Book](#) | Recommended

Skills in cognitive behaviour counselling & psychotherapy, by Frank Wills, 2015

[Book](#) | Recommended

An Introduction to Cognitive Behaviour Therapy: Skills and Applications, by David Westbrook; Helen Kennerley; Joan Kirk, 2017

[Book](#) | Recommended

Recommended (5 items)

Cognitive therapy and the emotional disorders, by Aaron T. Beck, 1989

[Book](#)

Treatment Choice in Psychological Therapies and Counselling: Evidence Based Clinical Practice Guideline. London: Department of Health, by Department of Health

[Document](#)

Generalised anxiety disorder and panic disorder in adults: management, by National Institute for Clinical Excellence

[Webpage](#)

Essential cognitive therapy, by Michael Neenan; Windy Dryden, 2000

[Book](#)

The Competences Required to Deliver Effective Cognitive and Behavioural Therapy for People with Depression and Anxiety Disorders. London. Department of Health, by Roth A.D., & Pilling, S.

[Document](#)

Essential (7 items)

Cognitive behavior therapy: basics and beyond, by Judith S. Beck, 2021

[Book](#)

Cognitive behavioural therapy in mental health care, by Alec Grant, 2010

[Book](#)

Assessment and case formulation in Cognitive behavioural therapy, by Alec Grant, 2015

Book

Mind over mood: change how you feel by changing the way you think, by Dennis Greenberger; Christine A. Padesky, 2016

Book

Treatment plans and interventions for depression and anxiety disorders, by Robert L. Leahy; Stephen J. Holland, 2011

Book

Overcoming depression and low mood: a five areas approach, by Chris Williams, 2015

Book

Overcoming anxiety, stress and panic: a five areas approach, by Chris Williams, 2012

Book

Electronic (2 items)

Cognitive Behaviour Therapy Self-Help Resources

Webpage

Handouts questionnaires and leaflets

Webpage

BABCP | British Association for Behavioural & Cognitive Psychotherapies

Webpage

Skills in cognitive behaviour counselling & psychotherapy, by Frank Wills, 2015

Book

An Introduction to Cognitive Behaviour Therapy: Skills and Applications, by David Westbrook; Helen Kennerley; Joan Kirk, 2017

Book
