

# AACBT QLD RESOURCES LIBRARY

Updated July 2009

## Alcohol/Substance Use

- Sobell & Sobell (1996). **Problem Drinkers: Guided Self-change Treatment Guide.**

## Anxiety

- Andrews, Crino, Hunt, Lampe & Page. (1994). **The Treatment of Anxiety Disorders: Clinician's guide and patient treatment manuals.**
- Barlow, D.H. (2004). **Anxiety and Its Disorders: The nature and treatment of anxiety and panic [2<sup>nd</sup> edition].**
- Barlow, D. H. & Craske, M. (1994). **Master your Anxiety and Panic II.**
- Butler, G., Fennell, M., & Hackmann, A. (2008). **Cognitive-Behavioral Therapy for Anxiety Disorders: Mastering clinical challenges.**
- Eifert, G.H. & Forsyth, J.P. (2005). **Acceptance & Commitment Therapy for Anxiety Disorders: a practitioner's treatment guide to using mindfulness, acceptance, and values-based behaviour change strategies.**
- Rapee, R. & Barlow, D. (1991). **Chronic Anxiety: Generalised Anxiety Disorder and Mixed Anxiety and Depression.**
- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Management Skills, Medication, Affective Disorders, Anxiety & Somatoform Disorders.**

## Children and Adolescents

- Abela, J.R. & Hankin, B.L. (2008). **Handbook of Depression in Children and Adolescents.**
- Arden, J. & Linford, L. (2009). **Brain-Based Therapy with Children and Adolescents: Evidence-based treatment for everyday practice.**

- Carr, A. (2006). **The Handbook of Child and Adolescent Clinical Psychology: A contextual approach [2<sup>nd</sup> edition].**
- Cohen, J., Mannarino, A., & Deblinger, E. (2006). **Treating Trauma and Traumatic Grief in Children and Adolescents.**
- Ellis, A. & Bernard, M. (2006). **Rational Emotive Behavioral Approaches to Childhood Disorders: Theory, practice and research.**
- Fonagy, P., Target, M., Cottrell, D., Phillips, J., & Kurtz, Z. (2002). **What Works for Whom? A critical review of treatments for children and adolescents.**
- Greco, L.A. & Hayes, S.C. (2008). **Acceptance & Mindfulness Treatments for Children & Adolescents: A practitioner's guide.**
- Lowenstein, L. (2008). **Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners share their most effective techniques.**
- Morin (1996). **Insomnia: Psychological Treatment and Management.**
- Morrison, J. & Anders, T. (2001). **Interviewing Children and Adolescents: Skills and strategies for effective DSM-IV diagnosis.**
- Rapee, R., Wignall, A., Hudson, J., & Schniering, C. (2000). **Treating Anxious Children and Adolescents: An evidence-based approach.**

### Depression

- Beck, A.T. (1976). **Cognitive Therapy and the Emotional Disorders.**
- Gilbert, P. (2007). **Psychotherapy and Counselling for Depression [3<sup>rd</sup> edition].**
- Hinrichsen, G.A. & Clougherty, K.F. (2006). **Interpersonal Psychotherapy for Depressed Older Adults.**
- Whisman, M. A. (2008). **Adapting Cognitive Therapy for Depression: Managing complexity and comorbidity.**

- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Management Skills, Medication, Affective Disorders, Anxiety & Somatoform Disorders.**
- Zettle, R.D. (2007). **ACT for Depression: A clinician's guide to using acceptance & commitment therapy in treating depression.**

### *Dialectical Behaviour Therapy*

- Dimeff, L. & Koerner, K. (2007). **Dialectical Behavior Therapy in Clinical Practice: Applications across disorders and settings.**
- Linehan, M. (1993). **Cognitive-Behavioural Treatment of Borderline Personality Disorder.**
- Linehan, M. (1993). **Skills Training Manual for treating Borderline Personality Disorder.**
- Marra, T. (2005). **Dialectical Behavior Therapy in Private Practice: A practical & comprehensive guide.**
- Spradlin, S.E. (2003). **Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy can put you in control.**

### *General*

- Arkowitz, H., Westra, H., Miller, W., & Rollnick, S. (2008). **Motivational Interviewing: In the treatment of psychological problems.**
- Barlow, D.H. (1993). **Clinical Handbook of Psychological Disorders: A step by step treatment manual.**
- Barlow, D. H. & Rapee, R. M. (1996). **Mastering Stress: A Lifestyle Approach.**
- Beck, J. (1995). **Cognitive Therapy: Basics & Beyond.**
- Beck, A.T. (1976). **Cognitive Therapy and the Emotional Disorders.**

- Beck, J. (2005). **Cognitive Therapy for Challenging Problems: what to do when the basics don't work.**
- Brown, L.S. (2008). **Cultural Competence in Trauma Therapy: Beyond the flashback.**
- Carr, A. & McNulty, M. (2006). **The Handbook of Adult Clinical Psychology: An evidence-based practice approach.**
- Dattilio, F. & Freeman, A. (1994). **Cognitive-Behavioural Strategies in Crisis Intervention.**
- Edelman, S. (2002). **Change your thinking.**
- Edelman, S. (2006). **Change Your Thinking: positive and practical ways to overcome stress, negative emotions and self-defeating behaviour using CBT [2<sup>nd</sup> edition].**
- Einstein, D.A. (2007). **Innovations and Advances in Cognitive Behaviour Therapy.**
- Ellis, A. & Bernard, M. (2006). **Rational Emotive Behavioral Approaches to Childhood Disorders: Theory, practice and research.**
- Fairburn, C.G. (2008). **Cognitive Behavior Therapy and Eating Disorders.**
- Fowler, Garety & Kuipers (1995). **Mind over Mood: A Cognitive Therapy Treatment Manual for Clients.**
- Free, M. L. (1999). **Cognitive Therapy in Groups: Guidelines and Resources for Practice.**
- Free, M. L. (2007). **Cognitive Therapy in Groups: Guidelines and Resources for Practice [2<sup>nd</sup> edition].**
- Gilbert, P. & Leahy, R. (2007). **The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies.**
- Goldfried, M. R. & Davison, G. C. (1994). **Clinical Behaviour Therapy.**

- Greenberg, L.S. (2002). **Emotion-Focused Therapy: Coaching clients to work through their feelings.**
- Greenberg, L.S. & Goldman, R.N. (2008). **Emotion-Focused Couples Therapy: the dynamics of emotion, love, and power.**
- Greenberger, D. & Padesky, C. (1995). **Mind over Mood: Changing how you feel by changing the way you think.**
- Hawkins, P. & Shohet, R. (2006). **Supervision in the helping professions [3<sup>rd</sup> edition].**
- Kroese, Dagnar & Lormidis (1997). **Cognitive-Behavioural Therapy for People with Learning Disabilities.**
- Leahy, R.L. (2003). **Cognitive Therapy Techniques: a practitioner's guide.**
- Leahy, R.L. (2006). **Contemporary Cognitive Therapy: theory, research, and practice.**
- Leahy, R.L. (2006). **Roadblocks in Cognitive-Behavioral Therapy: transforming challenges into opportunities for change.**
- Nathan, P.E. & Gorman, J.M. (2007). **A Guide to Treatments that Work [3<sup>rd</sup> edition].**
- Neenan, M. & Dryden, W. (2004). **Cognitive Therapy: 100 Key Points & Techniques.**
- Padesky, C. A. (1995). **Clinicians Guide to Mind over Mood.**
- Paleg, K. & Jongsma Jr., A. (2005). **The Group Therapy Treatment Planner; *Practice Planners Series* [2<sup>nd</sup> edition].**
- Petersen & Gannoni (1992). **Stop, Think, Do.**
- Roth, A. & Fonagy, P. (2005). **What works for whom? A critical review of psychotherapy research [2<sup>nd</sup> edition].**

- Stuart, S. & Robertson, M. (2003). **Interpersonal Psychotherapy: A Clinician's Guide.**
- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Management Skills, Medication, Affective Disorders, Anxiety & Somatoform Disorders.**
- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Schizophrenic Disorders, Dieting Disorders, Personality Problems, Sexual Dysfunction & Sleep Disorders.**
- Wright, J. H. Thase, M. E, Beck, A. T. & Ludgate, J. W. (1993). **Cognitive Therapy with Inpatients: Developing a Cognitive Milieu.**
- Young & Klosko (1994). **Reinventing Your Life.**
- Young, J.E., Klosko, J.S., & Weishaar, M.E. (2003). **Schema Therapy: A practitioner's guide.**

### Marriage/Couples/Families

- Halford, W. K. & Markham, H. J. (1997). **Clinical Handbook of Marriage & Couples Intervention.**

### Mindfulness

- Bach, P.A. & Moran, D.J. (2008). **ACT in Practice: Case Conceptualization in Acceptance & Commitment Therapy.**
- Ciarrochi, J. & Bailey, A. (2008). **A CBT Practitioner's Guide to ACT: How to bridge the gap between Cognitive Behavioral Therapy & Acceptance & Commitment Therapy.**
- Eifert, G.H. & Forsyth, J.P. (2005). **Acceptance & Commitment Therapy for Anxiety Disorders: a practitioner's treatment guide to using mindfulness, acceptance, and values-based behaviour change strategies.**
- Greco, L.A. & Hayes, S.C. (2008). **Acceptance & Mindfulness Treatments for Children & Adolescents.**

- Harris, R. (2007). **The Happiness Trap: How to stop struggling and start living.**
- Hayes, S.C. & Strosahl, K.D. (2004). **A Practical Guide to Acceptance and Commitment Therapy.**
- Hayes, S.C., Strosahl, K.D., & Wilson, K.G. (2003). **Acceptance and Commitment Therapy: An experiential approach to behaviour change.**
- Kabat-Zinn, J. (1990). **Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness.**
- Luoma, J.B., Hayes, S.C., & Walser, R.D. (2007). **Learning ACT: An Acceptance & Commitment Therapy Skills-Training Manual for Therapists.**
- Zettle, R.D. (2007). **ACT for Depression: A clinician's guide to using acceptance & commitment therapy in treating depression.**

### *Obsessive-Compulsive Disorder*

- Steketee, G. (1993). **Treatment of Obsessive Compulsive Disorder.**

### *Personality Disorders*

- Arntz, A. & van Genderen, H. (2009). **Schema Therapy for Borderline Personality Disorder.**
- Beck, A., Freeman, A., Davis, D., & associates (2007). **Cognitive Therapy of Personality Disorders [2<sup>nd</sup> edition].**
- Davidson, K. (2008). **Cognitive Therapy for Personality Disorders: A guide for clinicians [2<sup>nd</sup> edition].**
- Dimeff, L. & Koerner, K. (2007). **Dialectical Behavior Therapy in Clinical Practice: Applications across disorders and settings.**
- Linehan, M. (1993). **Cognitive-Behavioural Treatment of Borderline Personality Disorder.**

- Linehan, M. (1993). **Skills Training Manual for treating Borderline Personality Disorder.**
- Marra, T. (2005). **Dialectical Behavior Therapy in Private Practice: A practical & comprehensive guide.**
- Mason, P. & Kreger, R. (1998). **Stop Walking on Eggshells: Taking your life back when someone you care about has Borderline Personality Disorder.**
- Spradlin, S.E. (2003). **Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy can put you in control.**
- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Schizophrenic Disorders, Dieting Disorders, Personality Problems, Sexual Dysfunction & Sleep Disorders.**

### Schizophrenia

- Bellack, Muesner, Gingerich, & Augusta (1997). **Social skills training for Schizophrenia.**
- Birchwood, M. & Tarrier, N. (1994). **Psychological Management of Schizophrenia.**
- Chadwick, R., Birchwood, M., & Travers, P. (1991). **Cognitive Therapy for Delusions, Voices, and Paranoia.**
- Muesner & Gingerich. (1994). **Coping with Schizophrenia: A Guide for Families.**
- World Health Organisation (1997). **Management of Mental Disorders Volume 2: Schizophrenic Disorders, Dieting Disorders, Personality Problems, Sexual Dysfunction & Sleep Disorders.**

### Suicide

- Chiles, J.A. & Strosahl, K.D. (2005). **Clinical Manual for Assessment and Treatment of Suicidal Patients.**

## VIDEOS

*(Resource kits for all workshops included)*

- ❖ AACBT Two Day **Schema Focused Workshop** presented by **Dr J Young**, in Cairns, November 1998
- ❖ AACBT One Day Workshop on **Dual Diagnosis (Substance Abuse and Schizophrenia)** presented by **Dr Kim Muesner**, February 1999
- ❖ AACBT Two Day Workshop on **Imagery and PTSD** presented by **Ann Hackman**, October 1999
- ❖ AACBT Two Day Workshop on **Low Self Esteem** presented by **Dr Melanie Fennell**, August 2000
- ❖ AACBT One Day Workshop on **Dialectical Behaviour Therapy: A treatment for**
- ❖ **Borderline Personality Disorder** presented by **Chris Lee**, July 2001
- ❖ **Jeff Young** – 1 day **Schema focused therapy**, Cairns, October 26<sup>th</sup>, 1998. *(Tapes 1 & 2).*
- ❖ **Paul Salkovskis**, September 29<sup>th</sup>, 2003.

## DVDs

- ❖ **AACBT Conference 2006**: 'The Great Debate: There are no significant differences between CBT & other Therapeutic Modalities; in their essence all psychotherapies are the same'.
- ❖ **David Clark** – 'Advances in Cognitive Therapy for Social Anxiety Disorder'.
- ❖ **Anke Ehlers** – 'Cognitive Therapy for PTSD' (*Discs 1 & 2*), and 'PTSD: a Cognitive Approach to understanding & treatment'.
- ❖ **Anthony Grant** – 'Coaching Psychology: New direction or simply business as usual?'.

- ❖ **Russell Harris** – ‘Acceptance & Commitment Therapy with depression and suicidality’. (*Discs 1 – 4*).
- ❖ **Peter Lovibond** – ‘From Therapy to Treatment: Applying Laboratory Research to Clinical Practice’.
- ❖ **Patrick McGorry** – ‘Early Intervention for Youth Mental Health’.
- ❖ **Michael Nicholas** – ‘Applying Cognitive-Behavioural Principles in Pain Management (by all disciplines & across countries)’.
- ❖ **Gordon Parker** – ‘Tailoring Treatments for Depression according to Subtype and Personality Style’.
- ❖ **Nicole Prendergast** –
  - Workshop Session 1, ‘*Core Mindfulness*’, September 7<sup>th</sup>, 2005.
  - Workshop Session 2, ‘*Distress Tolerance*’, October 12<sup>th</sup>, 2005.
  - Workshop Session 3, ‘*Emotion Regulation*’, November 2<sup>nd</sup>, 2005.
  - Workshop 4, ‘*Interpersonal Effectiveness*’, December 7<sup>th</sup>, 2005.
- ❖ **Leanne Williams** – ‘The Emotional Brain: Evidence from Cognitive Neuroscience & Implications for Therapy’.
- ❖ **Jeffrey Young** –
  - ‘Experiential Change Techniques: Behavioural Pattern-breaking: Maladaptive Coping Styles’
  - ‘The Therapy Relationship: *‘Limited Reparenting’’*.
  - ‘Schema Therapy: New Advances in Treating Resistant Personality Disorders’.
  - ‘Cognitive Change: Building a Case against the Schemas: Schema Dialogues & Flashcards’.
  - ‘Schema Theory: Diagnosis & Conceptual Model: Group Imagery Exercise’.
  - ‘Schema Assessment & Education: Schema Questionnaires’.
  - ‘New Advances in Schema Therapy for Severe Cases: Schema Mode Work’. [2 copies].
  - ‘The Borderline Client: Working with Abandoned Child & Detached Protector’.
  - ‘The Borderline Client: Working with the Punitive Parent & Angry Child’.
  - ‘Special Problems with Borderline Clients’.

- 'Schema Therapy for Borderline Patients: An Overview'.

### HANDOUTS/WORKSHOP NOTES

- ❖ AACBT National Conference 2002.
- ❖ Jillian Ball – Individual CBT for Anorexia Nervosa.
- ❖ Donna Chapman – Working with mentally disordered offenders: a role for CBT?
- ❖ Indigenous Psychological Services: *Psychological Assessment and working with suicide and depression in Aboriginal people.*
- ❖ Analise O'Donovan – Supervision Workshop 2001.