

# The Feminist Bookshop

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## Cognitive Behaviour Therapy

### **Cognitive Therapy In Action**

*Ivy-Marie Blackburn \$39.95*

Explains how people with a wide range of long-standing emotional and mental health problems can be helped by CBT. Compares CBT with other therapies.

### **Brief Cognitive Behaviour Therapy**

*Berni Curwen et al \$65.00*

Practical and accessible guide for counsellors, psychologists and health practitioners. Strategies for helping clients.

### **Handbook Of Cognitive Behavioural Therapies 2<sup>nd</sup> Edition**

*Keith Dobson ed \$57.95*

Established experts review the theories, research and treatment methodologies associated with the major cognitive-behavioural models. Useful for students as well as practitioners.

### **Change Your Thinking**

*Sarah Edelman \$29.95*

Overcoming stress with CBT. A practical workbook for client / patient use.

### **Overcoming Low Self-Esteem** *Melanie Fennell*

*\$24.95*

Self-help guide using CBT techniques.

### **Cognitive-Behavioral Therapies For Trauma**

*Victoria Follette ed \$50.95*

2<sup>nd</sup> edition of comprehensive handbook for treatment planning.

### **Treating PTSD**

*David Fry / \$49.95*

Using CBT strategies for trauma treatment.

### **Mood Management Workbook**

*Carol Langelier \$53.95*

Using CBT with adolescents.

### **Overcoming Resistance In Cognitive Therapy**

*Robert Leahy \$76.95*

Guidance for the therapist having a difficult time helping a client to change. Looks at the challenge of resistance.

### **Cognitive Therapy Techniques**

*Robert Leahy \$74.00*

A treasury of cognitive therapy strategies, practitioners guide, workbook style.

### **Cognitive-Behavioural Treatment Of Borderline Personality Disorder**

*Marsha Linehan \$116.00 (HC)*

A skills-based approach to Borderline Personality Disorder using CBT. Workable concepts for working with a most difficult disorder.

### **Cognitive Therapy**

*Michael Neenan & Windy Dryden \$33.00*

Concise elaboration of the 100 key points and techniques.

### **Cognitive Therapy In A Nutshell**

*Michael Neenan & Windy Dryden \$42.95*

For newcomers to the field, a good place to start.

### **Cognitive-Behavioural Counselling In Action**

*Peter Trower et al \$57.95*

From the popular *Counselling In Action* series. Practical guide for trainees and practicing therapists and health professionals. CBT offers a powerful method for helping clients / patients to change their thinking and behaviour, and to overcome difficulties.

### **Cognitive Therapy**

*Dean Schuyler \$28.95*

A practical guide for trainees in cognitive therapy. Basics and innovations from an expert in the field.

### **Mindfulness-Based Cognitive Therapy For Depression**

*Zindel Segal \$69.95*

New approach to preventing relapse.

### **An Introduction To Cognitive Behaviour Therapy**

*David Westbrook et al \$69.95*

Applying CBT to basic mental health problems. Practical theory, skills and applications.

### **Cognitive Therapy For Obsessive-Compulsive Disorder**

*Sabine Wilhelm \$72.95*

Guide for professionals, research based, workbook style, homework and exercises.

### **Cognitive Behavioral Therapy For PTSD**

*Claudia Zayfert \$53.95*

Clinical examples provide guidance for navigating complex situations involving trauma.

#### **Other titles available :**

CBT Play Therapy / Susan Knell \$109.00

Cognitive Developmental Therapy With Children / Tammie Ronen \$60.45

CBT For Rape Victims / Patricia Resick \$53.85

CBT For Substance Abuse / Aaron Beck \$79.95

CBT Basics And Beyond / Judith Beck \$89.00

CBT Treatment For Adult Survivors Of Childhood Trauma / Mervin Smucker \$81.35

CBT For Practicing Clinicians / Gregoris Simos \$132.00

Treating Depressed Children With CBT / Dudley Charma \$104.50

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*This is a small selection of books available on Cognitive Behaviour Therapy. We also specialize in books on a wide variety of therapies including Narrative Therapy, Solution-Focused Therapy, counselling and therapy with children and teens, incest survivors, and counselling for addiction, depression, stress, anger management etc.*

