

## **Recommended Readings in Cognitive Therapy (for the Professional)**

### **Theory and Research**

Alford, B.A., & Beck, A.T. (1997). [\*The integrative power of cognitive therapy\*](#) New York: Guilford.

Alloy, L.B. & Riskind, J.H.(2005), Eds., [\*Cognitive vulnerability to emotional disorders\*](#). Lawrence Erlbaum Associates: Mahwah, NJ

Beck, A.T. (1999). [\*Prisoners of hate: The cognitive basis of anger, hostility, and violence\*](#). New York: Harper Collins Publishers.

Beck, A.T. (1999). "Cognitive aspects of personality disorders and their relation to syndromal disorders: A psychoevolutionary aspect." In Cloninger, C.R. (Ed.), *Personality and psychopathology*. Washington, DC: American Psychiatric Press.

Bond, F., & Dryden, W. (Eds.) (2004). [\*Handbook of brief cognitive behaviour therapy\*](#). New York: John Wiley & Sons.

Butler, A. C., & Beck, J. S. (2000). "Cognitive therapy outcomes: A review of meta-analyses." *Journal of the Norwegian Psychological Association*, 37, 1-9.

Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26(1), 17-31.

Chambless, D.L., & Ollendick, T. H. (2001). Empirically Supported Psychological Interventions: Controversies and Evidence. *Annu. Rev. Psychol*, 52, 685-716.

Clark, D. (Ed.). (2004). [\*Intrusive thoughts in clinical disorders\*](#). New York: Guilford Publications.

Clark, D.A., Beck, A.T., & Alford, B.A. (1999). [\*Scientific foundations of cognitive therapy and therapy of depression\*](#). New York: John Wiley & Sons.

Craighead, L., Craighead, W., Kazdin, A. & Mahoney, M. (1994). [\*Cognitive and behavioral interventions: An empirical approach to mental health problems\*](#). Boston: Allyn & Bacon.

Gelder, M. (1997). "The scientific foundations of cognitive behavior therapy." In Clark, D.M., & Fairburn, C.G. (Eds.) [\*Science and practice of cognitive behaviour therapy\*](#), pp 27-46. New York: Oxford University Press, Inc.

Hollon, S.D., & Beck, A.T. (1994). "Cognitive and cognitive-behavioral therapies." In M. J. Lambert (Ed.), [\*Bergin and Garfield's handbook of psychotherapy and behavior change\*](#), 5th Edition, pp. 447-492. New York: John Wiley & Sons, Inc.

Holmes, E. A., & Hackmann, A. (Eds.) (2004). [\*Mental imagery and memory in psychopathology\*](#). London: Psychology Press, Taylor and Francis Group.

Ingram, R.E., Miranda, J., & Segal, Z.V. (1999). [\*Cognitive vulnerability to depression\*](#). New York: Guilford.

Kendall, P. & Hollon, S. (Eds.). (1979). *Cognitive-behavioral interventions: Theory, research, & procedures*. New York: Academic Press.

Leahy, R. (Ed., 2004). [\*Contemporary cognitive therapy: Theory, research, and practice\*](#). New York: Guilford Press.

Leahy, R. L. (2003). [\*Psychology and the economic mind: Cognitive processes and conceptualization\*](#). New York: Springer Publishing Co.

Papageorgiou, C., & Wells, A. (2003). [\*Depressive rumination: Nature, theory and treatment\*](#). New York: John Wiley & Sons.

Taylor, S. (Ed.) (1999). [\*Anxiety sensitivity: Theory, research, and treatment of the fear of anxiety\*](#). Mahwah, NJ: Erlbaum.

Wells, A. (2002). [\*Emotional disorders and metacognition: Innovative cognitive therapy\*](#). New York: John Wiley & Sons.

### **Clinical Applications: General**

Antony, M., Ledley, R., & Heimberg, R. (Eds.) (2005). [\*Improving outcomes and preventing relapse in cognitive-behavioral therapy\*](#). New York: Guilford.

Beck, J.S. (1995). [\*Cognitive therapy: Basics and beyond\*](#). New York: Guilford.

Beck, A.T. (1976). [\*Cognitive therapy and the emotional disorders\*](#). New York: International Universities Press.

Bennett-Levy, J., et al. (Eds.). (2004). [\*Oxford guide to behavioural experiments in cognitive therapy\*](#). Oxford: Oxford University Press.

Blackburn, I.M., Twaddle, V., & Associates. (1996). [\*Cognitive therapy in action. A practitioner's casebook\*](#). London. Souvenir Press (Educational & Academic) Ltd.

Caballo, V.E. (Ed.) (1998). [\*International handbook of cognitive and behavioural treatments for psychological disorders\*](#). Oxford: Pergamon/Elsevier Science.

Clark, D.M., & Fairburn, C.G. (Eds.). (1997). [\*Science and practice of cognitive behavior therapy\*](#). New York: Oxford University Press.

Dobson, K.S. (Ed.) (1999). [\*Handbook of cognitive-behavioral therapies\*](#) (2nd Edition). New York: Guilford.

Freeman, A. (2005). [\*Encyclopedia of cognitive behavior therapy\*](#). New York: Plenum Publishing.

- Freeman, A., Pretzer, J., Fleming, B. & Simon, K. (2004). [Clinical applications of cognitive therapy, Second edition](#). New York: Kluwer Academic/Plenum Publications.
- Freeman, A., & Dattilio, F.M. (1992). [Comprehensive casebook of cognitive therapy](#). New York: Plenum Press.
- Freeman, A., Simon, K.M., Beutler, L., & Arkowitz, H. (Eds.). (1989). [Comprehensive handbook of cognitive therapy](#). New York: Plenum Publishers.
- Frisch, M.B. (2006). [Quality of Life Therapy: Applying a Life Satisfaction Approach to Positive Psychology and Cognitive Therapy](#). Hoboken, New Jersey: John Wiley & Sons.
- Gabbard, G, Beck, J, & Holmes, J. (2005). [Oxford textbook of psychotherapy](#). New York: Oxford University Press.
- Granvold, D. K. (Ed.) (1998). [Cognitive and behavioral treatment: Methods and applications \(2nd Ed\)](#). Wadsworth Publishing.
- Hawton, K., Salkovskis, P., Kirk, J. & Clark, D. (Eds.). (1989). [Cognitive behavior therapy for psychiatric problems](#). New York: Oxford University Press.
- Kazantzis, N., Deane, F., Ronan, K., & L'Abate, L. (Eds.) (2005). [Using homework assignments in cognitive-behavioral therapy](#). New York: Routledge.
- Kuehlwein, K.T., & Rosen, H. (Eds.). (1993). [Cognitive therapies in action: Evolving innovative practice](#). San Francisco: Jossey-Bass.
- Lazarus, A. (1997). [Brief but comprehensive psychotherapy: The multimodal way](#). New York: Springer Publications Co.
- Lazarus, A. (1981). [The practice of multimodal therapy](#). Baltimore: John Hopkins University.
- Ledley, D. R., Marx, P., & Heimberg, R. G. (2005). [Making cognitive-behavioral therapy work: Clinical process for new practitioners](#). New York: Guilford.
- Leahy, R. (1996). [Cognitive therapy: Basic principles and applications](#). New Jersey: Jason Aronson Inc.
- Leahy, R. (Ed.) (1997). [Practicing cognitive therapy: A guide to interventions](#). Northvale, NJ: Jason Aronson Inc.
- Leahy, R. L. (2003). [Cognitive therapy techniques: A practitioner's guide](#). New York: Guilford Press.
- Leahy, R. L. (Ed.) (2004). [Contemporary cognitive therapy](#). New York: Guilford press.
- Leahy, R. (Ed.). (2003). [Roadblocks in Cognitive-Behavioral Therapy: Transforming Challenges into Opportunities for Change](#). New York: Guilford.

- Leahy, Robert L., & Dowd, Thomas E. (Ed.). (2002). [\*Clinical advances in cognitive psychotherapy: Theory and application\*](#). York: Springer Publishing Company.
- Lyddon, W.J., Jones, J.V. (Ed.). (2001). [\*Empirically supported cognitive therapies: Current and future applications\*](#). York: Springer Publishing.
- McCullin, R.E. (1999). [\*The new handbook of cognitive therapy techniques \(2<sup>nd</sup> Ed\)\*](#). New York: W.W. Norton Co.
- Needleman, L.D. (1999). [\*Cognitive case conceptualization: A guidebook for practitioners\*](#). Mashwah, NJ: Lawrence Erlbaum Associates.
- Neenan, M., & Dryden, W. (2004). [\*Cognitive therapy: 100 key points and techniques\*](#). New York: Routledge.
- Neenan, M., Dryden, W., & Dryden, C. (2000). [\*Essential cognitive therapy\*](#). Whurr Publications Limited.
- Nezu, A., Nezu, C.M., Lombardo, E. (2004). [\*Cognitive-behavioral case formulation and treatment design: A problem-solving approach\*](#). New York: Springer Publishing Co.
- O'Connell, Kieron. (2005). [\*Cognitive behavioral treatment of tic disorders\*](#). New York: John Wiley & Sons.
- O'Donohue, W., Fisher, J., Hayes, S. (2004). [\*Cognitive behavior therapy: Applying empirically supported techniques in your practice\*](#). New York: John Wiley and Sons.
- Padesky, C.A., & Greenberger, D. (1995). [\*Clinician's guide to mind over mood\*](#). New York: Guilford.
- Persons, J.B. (1989). [\*Cognitive therapy in practice: A case formulation approach\*](#). New York: Norton.
- Reinecke, M. & Clark, D. (Eds.) (2003). [\*Cognitive therapy across the lifespan: Evidence and practice\*](#). Cambridge, UK: Cambridge University Press.
- Rosner, J. (2002). [\*Cognitive therapy and dreams\*](#). Springer Publishing Company.
- Salkovskis, P.M. (Ed.) (1996). [\*Frontiers of cognitive therapy\*](#). New York: Guilford.
- Salkovskis, P.M. (Ed.) (1996). [\*Trends in cognitive therapy and behavioural therapies\*](#). New York: John Wiley & Sons.
- Schuyler, D. (2003). [\*Cognitive therapy: A practical guide\*](#). W. W. Norton and Company.
- Scott, J., Williams, J. & Beck, A. (Eds.). (1989). [\*Cognitive therapy in clinical practice: An illustrative casebook\*](#). New York: Routledge.
- Scott, M. (1989). *A cognitive-behavioral approach to clients' problems*. New York: Routledge.

Simos, G. (Ed.). (2002). [\*Cognitive behaviour therapy: A guide for the practicing clinician.\*](#) New York: Brunner-Routledge.

Vallis, T., Howes, J., & Miller, P. (1991). [\*The challenge of cognitive therapy: Applications to nontraditional populations.\*](#) New York: Plenum Press.

Wright, J., Basco, M.R., & Thase, M. (2005). [\*Learning Cognitive-Behavior Therapy: An Illustrated Guide.\*](#) Arlington, VA: American Psychiatric Publishing, Inc.

### **Clinical Applications: Books on Specific Disorders, Problems, or Populations**

#### **Anxiety Disorders**

Antony, M.M., & Swinson, R.P. (2000). [\*Phobic disorders and panic in adults: A guide to assessment and treatment.\*](#) Washington, DC: American Psychological Association.

Asmundson, G. J. G., Taylor, S., & Cox, B. J. (Eds.) (2001). [\*Health anxiety: Clinical and research perspectives on hypochondriasis and related disorders.\*](#) Chichester, UK: Wiley.

Beck, A.T., Emery, G., & Greenberg, R. (1985). [\*Anxiety disorders and phobias: A cognitive perspective.\*](#) New York: Basic.

Clark, David A. (2004). [\*Cognitive-behavioral therapy for OCD.\*](#) New York: Guilford Press.

Clark, D. (Ed.). (2004). [\*Intrusive thoughts in clinical disorders.\*](#) New York: Guilford Publications.

Foa, E.B., & Rothbaum, B.O. (2001). [\*Treating the trauma of rape: Cognitive-behavioral therapy for PTSD.\*](#) New York: Guilford. (Original work published 1997)

Follette, V.M., Ruzek, J.I., Abueg, F.R. (1998). [\*Cognitive-behavioral therapies for trauma.\*](#) New York: Guilford.

Foy, D. (Ed.). (1992). *Treating PTSD: Cognitive-behavioral strategies.* New York: Guilford Press.

Frost, R.O., & Steketee, G. (Eds.). (2002). [\*Cognitive approaches to obsessions and compulsions: Theory, assessment, and treatment.\*](#) Elmont, NY: Pergamon Press.

Heimberg, R.G., & Becker, R.E. (2002). [\*Cognitive-behavioral group therapy for social phobia.\*](#) New York: Guilford.

Heimberg, R., Liebowitz, M., Hope, D., & Schneier, F. (1995). *Social phobia: Diagnosis, assessment, & treatment.* New York: Guilford Press.

Leahy, R.L., & Holland, S.J. (2000). [\*Treatment plans and interventions for depression and anxiety disorders.\*](#) New York: Guilford.

McGinn, L., & Sanderson, W. (1999). [Treatment of obsessive-compulsive disorder](#). Northvale: Jason Aronson Inc.

Najavits, L.M. (2001). [Seeking safety: A treatment manual for PTSD and substance abuse](#). New York: Guilford.

Rachman, S. (2003). [The treatment of obsessions](#). Oxford: Oxford University Press.

Rygh, J. R. & Sanderson, W. C. (2004). [Treating generalized anxiety disorder: Evidence-based strategies, tools, and techniques](#). New York: Guilford Press.

Smucker, M. R., & Dancu, C. V. (1999). [Cognitive behavioral treatment of adult survivors of childhood trauma: Imagery rescripting and reprocessing](#). Jason Aronson Publishing.

Steketee, G. (1999). [Overcoming obsessive-compulsive disorder – A behavioral and cognitive protocol for the treatment of OCD](#). Oakland: New Harbinger Publications.

Taylor, S. (2000). [Understanding and treating panic disorder: Cognitive-behavioural approaches](#). New York: Wiley.

Taylor, S., & Asmundson, G. J. G. (2004). [Treating health anxiety: A cognitive-behavioral approach](#). New York: Guilford.

Taylor, S. (2004). [Advances in the treatment of posttraumatic stress disorder: Cognitive-behavioral perspectives](#). Springer Publishing.

Taylor, S. (Ed.) (1999). [Anxiety sensitivity: Theory, research, and treatment of the fear of anxiety](#). Mahwah, NJ: Erlbaum.

Woods, D., & R. Miltenberger (Eds., 2001). [Tic disorders, trichotillomania, and other repetitive behavioral disorders: Behavioral approaches to analysis and treatment](#). Kluwer Academic Press.

Wright, J. (Ed.) (2004). [Cognitive-behavior therapy: Review of psychiatry](#). Washington, D.C.: American Psychiatric Press.

## **Bipolar Disorder**

Basco, M.R., & Rush, A.J. (2005). [Cognitive-behavioral therapy for bipolar disorder \(Second Edition\)](#). New York: Guilford.

Johnson, S. L., & Leahy, R. L. (Eds.) (2003). [Psychological treatment of bipolar disorder](#). New York: Guilford Press.

Lam, D. H., Jones, S. H., Hayward, P., & Bright, J. A. (1999). [Cognitive therapy for bipolar disorder: A therapist's guide to concepts, methods and practice](#). John Wiley & Sons.

Newman, C. F., Leahy, R. L., Beck, A. T., Reilly-Harrington, N.A., Gyulai, L. (2002). [\*Bipolar disorder: A cognitive therapy approach\*](#). Washington D.C.: American Psychological Association.

## **Children**

Albano, A. M., & Kearney, C. A. (2000). [\*When children refuse school: A cognitive behavioral therapy approach: Therapist guide\*](#). Psychological Corporation.

Allen, J.S., & Christner, R.W. (2003, Fall). [\*The process and structure of cognitive-behavior therapy \(CBT\) in the school setting\*](#). *Insight*, 24 (1), 4-9.

Barkley, R. (1997). [\*Defiant children – A clinician’s manual for assessment and parent training \(2nd Ed.\)\*](#). New York: Guilford Press.

Barkley, R. (1997). [\*ADHD and the nature of self-control\*](#). New York: Guilford Press.

Barkley, R. (2000). [\*Taking charge of ADHD: The complete authoritative guide for parents \(Revised Ed.\)\*](#). New York: Guilford Press.

Barkley, R. (2005). [\*Attention-deficit hyperactivity disorder \(3rd Ed.\): A handbook for diagnosis and treatment\*](#). New York: Guilford Press.

Barkley, R., & Murphy, K. (2005). [\*Attention-deficit hyperactivity disorder- A clinical workbook \(3rd Ed.\)\*](#). New York: Guilford.

Braswell, L. & Bloomquist, M.L. (1991). [\*Cognitive-behavioral therapy with ADHD children: Child, family, and school interventions\*](#). New York: Guilford. CA: SAGE Publications.

Christner, R.W., & Allen, J.S. (2003, Spring). [\*Introduction to cognitive-behavioral therapy \(CBT\) in the schools\*](#). *Insight*, 23 (3), 12 - 14.

[Clarizio, H. \(1980\). \*Toward positive classroom discipline \(3rd Ed.\)\*](#). New York: John Wiley & Sons.

Deblinger, E. & Heflin, A.H. (1996) [\*Treating sexually abused children and their nonoffending parents: A cognitive behavioral approach\*](#). Thousand Oaks, CA: SAGE Publications.

Dudley, C.D. (1997). [\*Treating depressed children: A therapeutic manual of cognitive behavioral interventions\*](#). Oakland: New Harbinger Publications.

Edelman, S. & Remond, L. (2004). *Taking Charge! A guide for teenagers: Practical ways to overcome stress, hassles, and upsetting emotions*. St. Leonards: Foundation for Life Sciences.

Epstein, N.E., Schlesinger, S.E., & Dryden, W. (Eds.). (1988). [\*Cognitive behavioral therapy with families\*](#). New York: Brunner-Mazel.

Feindler, E., & Ecton, R. (1986). [\*Adolescent anger control: Cognitive-behavioral techniques\*](#). New York: Pergamon Press.

Friedberg, R. D & Crosby, L.E. (2001). [Therapeutic exercises for children: Professional guide](#). Sarasota: Professional Resource Press.

Friedberg, R. D., Friedberg, B. A., & Friedberg, R. J. (2001). [Therapeutic exercises for children: Guided self-discovery using cognitive-behavioral techniques](#). Professional Resource Exchange.

Friedberg, R., & McClure, J. (2001). [Clinical practice of cognitive therapy with children and adolescents: The nuts and bolts](#). New York: Guilford.

Goldstein, A., Krasner, L., Garfield, S. (Eds.). (1992). [Behavioral Family Intervention \(Psychology Practitioner Guide\)](#). Boston: Allyn & Bacon.

Graham, P. (1998). [Cognitive-behaviour therapy for children and families](#). Cambridge: Cambridge University Press.

Hollin, C. (1990). [Cognitive-behavioral interventions with young offenders](#). New York: Pergamon Press.

Howard, B., Kendall, P. (1996). [Cognitive-behavioral family therapy for anxious children: Therapist manual](#). Ardmore: Workbook Publishing.

Hughes, J. (1989). [Cognitive-behavioral psychology in the schools: A comprehensive handbook](#). New York: Guilford Press.

Jaycox, L. *Cognitive behavioral intervention for trauma in schools*. Longmont: Sopris West Educational Services.

Kazdin, A.E. & Weisz, J.R. (Eds.). (2003). [Evidence based psychotherapies for children and adolescents](#). New York: Guilford.

Keat, Donald.(1990). [Child multimodal therapy](#).New Jersey: Ablex Publishing Corporation.

Kendall, Philip C. (Ed.). (2005). [Child and adolescent therapy: Cognitive-behavioral procedures \(3rd ed.\)](#). New York: Guilford Publications.

Kendall, P.C., Chansky, T.E., Kane, M.T., Kim, R.S., Kortlander, E., Ronan, K.R., Sessa, F.M., & Siqueland, L. (1992). [Anxiety disorders in youth: Cognitive behavioral interventions](#). Boston, MA: Allyn & Bacon.

Kendall, P. (1992). *Coping cat workbook*. Ardmore: Workbook Publishing.

Kendall, P. & Braswell, L. (1993).[Cognitive-behavioral therapy for impulsive children \(2nd Ed.\)](#). New York: Guilford Press.

Knell, S.M. (1993).[Cognitive behavioral play therapy](#). Northvale, NJ: Jason Aronson, Inc.

Krumboltz, J., Krumboltz, H. (1972). [Changing children's behavior](#). Englewood Cliffs: Prentice Hall.



- Langelier, C. (2001). [\*Mood management leader's manual – A cognitive behavioral skills-building program for adolescents\*](#). Thousand Oaks: Sage Publications.
- Larson, J. & Lochman, J. (2002). *Helping schoolchildren cope with anger: A cognitive-behavioral intervention*. New York: Guilford Press.
- March, J.S. & Mulle, K. (1998). [\*OCD in children and adolescents: A cognitive-behavioral treatment manual\*](#). New York: Guilford.
- March, J. & Multz, K. *How I ran off my land – Tips for parents*. Durham: Duke University Medical Center.
- Mennuti, R., & Christner, R.W. (In Press). *A Conceptual Framework for School-Based Cognitive-Behavioral Therapy*. In A. Freeman (Ed.), *International Encyclopedia of Cognitive Behavior Therapy*. New York: Kluwer.
- Papolos, D. & Papolos, J. (2002). [\*The bipolar child \(revised/expanded ed.\)\*](#). New York: Broadway Books.
- Rapee, R., Wignall, A., Hudson, J., & Schniering, C. (2000). [\*Treating anxious children and adolescents: An evidence-based approach\*](#). Oakland, CA: New Harbinger Publications.
- Reinecke, M. A., Dattilio, F. M., & Freeman, A., (Eds.) (2003). [\*Cognitive therapy with children and adolescents \(2<sup>nd</sup> Ed\): A Casebook for clinical practice\*](#). New York: Guilford Press.
- Riley, Douglas. (1997). [\*The defiant child: A parent's guide to oppositional defiant disorder\*](#). Dallas: Taylor Publishing Company.
- Ronen, T. (1997). [\*Cognitive developmental therapy with children\*](#). New York: John Wiley & Sons.
- Seligman, M.P., Reivich, K., Jaycox, L., & Gillham, J. (1995). [\*The optimistic child\*](#). Boston: Houghton Mifflin Co.
- Schwebel, Andrew, & Fine, Mark. (1994). [\*Understanding and helping Families: A cognitive-behavioral approach\*](#). New Jersey: Lawrence Erlbaum Associates.
- Sheridan, S. (1993). [\*Helping parents help kids – A manual for helping parents deal with children's social difficulties\*](#). Department of Educational Psychology, University of Utah/Primary Children's Medical Center.
- Stallard, P. (2002). [\*Think good – feel good: A cognitive behaviour therapy workbook for children\*](#). Halsted Press.
- Tanguay, Pamela. (2001). [\*Nonverbal learning disabilities at home: A parent's guide\*](#). Philadelphia: Jessica Kingsley Publishers.
- Temple, S.D. (1997). [\*Brief therapy of adolescent depression\*](#). Sarasota, FL: Professional Resources Press. .

Weisz, J. (2004). [\*Psychotherapy for children & adolescents: Evidence-based treatments and case examples\*](#). Cambridge: Cambridge University Press.

Wilkes, T.C.R., Belsher, G., Rush, A.J., & Frank, E. (1994). [\*Cognitive therapy for depressed adolescents\*](#). New York: Guilford.

## **Depression and Suicide**

Beck, A.T., Rush, A.J., Shaw, B. F., & Emery, G. (1979). [\*Cognitive therapy of depression\*](#). New York: Guilford.

Blackburn, I. & Davidson, K. (1990). [\*Cognitive therapy for depression & anxiety\*](#). Boston: Blackwell Scientific Publications.

Clark, D.A., Beck, A.T., & Alford, B.A. (1999). [\*Scientific foundations of cognitive therapy and therapy of depression\*](#). New York: John Wiley & Sons.

Freeman, A., & Reinecke, M. (1994). [\*Cognitive therapy of suicidal behavior\*](#). New York: Springer Publishing Company.

Gilbert, P. (2000). [\*Counseling for depression \(2nd Ed.\)\*](#). New York: Sage Publications.

Ingram, R.E., Miranda, J., & Segal, Z.V. (1999). [\*Cognitive vulnerability to depression\*](#). New York: Guilford.

Leahy, R.L., & Holland, S.J. (2000). [\*Treatment plans and interventions for depression and anxiety disorders\*](#). New York: Guilford.

McCullough, J.P. (1999). [\*Treatment for chronic depression: Cognitive behavioral analysis system of psychotherapy\*](#). New York: Guilford.

Martell, C., Addis, M., & Jacobson, N. (2001). [\*Depression in context: strategies for guided action\*](#).

Moore, R., & Garland, A. (2003). [\*Cognitive therapy for chronic and persistent depression\*](#). John Wiley & Sons.

Papageorgiou, C. & Wells, A. (2003). [\*Depressive rumination: nature, theory and treatment\*](#) New York: John Wiley and Sons.

Persons, J. B., Davidson, J., Tomkins, M. A. (2001). [\*Essential components of cognitive-behavioral therapy for depression\*](#). American Psychological Association.

Segal, Z. V., Williams, J. Mark G., & Teasdale, J. D. (2002). [\*Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse\*](#). New York: Guilford Press.

Stark, K., Kendall, P., McCarthy, M., Stafford, M., Barron, R., & Thomeer, M. (1996). [\*Taking action: A workbook for overcoming depression\*](#). Ardmore: Workbook Publishing.

Temple, S. (1997). [Brief therapy for adolescent depression](#). Sarasota: Professional Resource Exchange.

## **Disabilities**

Kroese B. et al (eds.). (1977). [Cognitive-behaviour therapy for people with learning disabilities](#). London: Routledge.

Radnitz, C. (ed.) (2000) [Cognitive-behavioral therapy for persons with disabilities](#). London: Jacob Aronson.

Nezu, C. et al. [Psychopathology in persons with mental retardation: Clinical guidelines for assessment and treatment](#). Champaign: Research Press.

## **Eating Disorders**

Brownell, K. (1979). [Behavior therapy for weight control: A treatment manual](#). Philadelphia: University of Pennsylvania.

Cooper, M., Todd, G., & Wells, A. (2000). *Bulimia nervosa: A cognitive therapy programme for clients*. Philadelphia, PA: Jessica Kingsley Publishers.

Cooper, Z., Fairburn, C. G., & Hawker, D. M. (2004). [Cognitive-behavioral treatment of obesity: A clinician's guide](#). New York: Guilford Press.

Fairburn, C. & Brownell, K. (Eds.) (2002). *Eating disorders and obesity (2nd Ed): A comprehensive handbook*. New York: Guilford Press.

Fairburn, C. & Wilson, G. (Eds.) (1996). [Binge eating: Nature, assessment, and treatment](#). New York: Guilford Press.

Fairburn, C. (1995). [Overcoming binge eating](#). New York: Guildford Press.

Garner, D. & Garfinkel, P. (Eds.) (1997). [Handbook of treatment for eating disorders: 2nd Edition](#). New York: Guilford Press.

Garner, D., Vitousek, K.M. & Pike, K.M. (1997). *Cognitive-behavioral therapy for anorexia nervosa*. In Garner, D.M. & Garfinkel, P.E. (Eds.). *Handbook of psychotherapy for anorexia nervosa and bulimia*. (pp. 94-144) New York: Guilford Press.

## **Group Therapy**

Free, M. E. (2000). [Cognitive therapy in groups: Guidelines and resources for practice](#). John Wiley & Sons.

White, J., & Freeman, A. (2000). [Cognitive-behavioral group therapy for specific problems and populations](#). American Psychological Association.

Yost, E.B., Beutler, L.E., Corbishley, M.A., & Allender, J.R. (1987). [Group cognitive therapy: A treatment approach for depressed older adults.](#) New York: Pergamon Press.

### **Marriage and Family Problems**

Baucom, D.H., & Bozicas, G.D. (1990). [Cognitive behavioral marital therapy.](#) New York: Brunner/Mazel.

Beck, A.T. (1988). [Love is never enough.](#) New York: Harper and Row.

Dattilio, F. M. (1998). [Case studies in couple and family therapy: Systemic and cognitive perspectives.](#) Guilford Press.

Dattilio, F.M., & Padesky, C.A. (1990). [Cognitive therapy with couples.](#) Sarasota: Professional Resources Exchange, Inc.

Epstein, N.B., & Baucom, D.H. (2002). [Enhanced cognitive-behavioral therapy for couples: A contextual approach.](#) Washington, DC: American Psychological Association.

Epstein, N.E., Schlesinger, S.E., & Dryden, W. (Eds.). (1988). [Cognitive-behavioral therapy with families.](#) New York: Brunner/Mazel.

Schwebel, A., & Fine, M. (1994). [Understanding and helping families – A cognitive-behavioral approach.](#) Hillsdale: Lawrence Erlbaum Associates.

### **Medical Problems/Pain**

Crawford, I., & Fishman, B. (Eds.) (1996). [Psychosocial interventions for HIV disease: A stage-focused and culture specific approach \(cognitive behavioral therapy\).](#) Jason Aronson Publishing.

Freeman, A. & Greenwood, V. (Eds.). (1987). [Cognitive therapy: Applications in psychiatric & medical settings.](#) New York: Human Sciences Press.

Henry, J. L., & Wilson, P. H. (2000). [Psychological management of chronic tinnitus: A cognitive-behavioral approach.](#) Pearson Allyn & Bacon.

Moorey, S., & Greer, S. (2002). [Cognitive behaviour therapy for people with cancer.](#) Oxford University Press.

Nezu, A., Nezu, C., Friedman, S., Faddis, S., & Honts, P. (1998). [Helping cancer patients cope.](#) Washington D.C.: American Psychological Association.

Segal, Z. V., Toner, B. B., Shelagh, D. E., & Myran, D. (1999). [Cognitive-behavioral treatment of irritable bowel syndrome: The brain-gut connection.](#) Guilford Press.

Thorn, B. E. (2004). [Cognitive therapy for chronic pain : A Step-by-Step Guide.](#)New York: Guilford.

Toner, B., Segal, Z., Emmott, S. & Myran, D. (2000). [Cognitive-behavioral treatment of irritable bowel syndrome](#). New York: Guilford Press.

White, C.A. (2001). [Cognitive behaviour therapy for chronic medical problems](#). Chichester: John Wiley and Sons.

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## **Nursing**

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