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University Press

The Oxford Guide to
Surviving as a CBT Therapist
is the one-stop resource for
the newly trained therapist.
It offers practical guidance
on a range of issues and
challenges faced by the

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therapist. Written by people with vast experience training and practising CBT, it draws on real life situations to help the reader hone and develop their skills, adjust to life as a therapist, and maintain

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a successful and satisfying
career whilst helping
others. --

How to Beat Worry and
Generalised Anxiety Disorder
One Step at a Time is
specifically addressed to
low-intensity patients and

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follows an evidence-based cognitive behavioural therapy (CBT) approach. This book is the perfect resource for helping you to beat worry or Generalised Anxiety Disorder, either by yourself or in conjunction with the

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support of an IAPT service.
The book is written in a
friendly, engaging (and
jargon-free!) style and
encourages interactive
reading through tables,
illustrations and
worksheets. Real-life case

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studies illustrate the use of each intervention and demonstrate how you can work through your anxiety. The book teaches you effective CBT techniques for managing your worry more effectively and releasing tension

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through Progressive Muscle Relaxation.

The most comprehensive match to the new 2014 Chemistry syllabus, this completely revised edition gives you unrivalled support for the new concept-based approach,

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the Nature of science. The only DP Chemistry resource that includes support directly from the IB, focused exam practice, TOK links and real-life applications drive achievement.

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This step-by-step guide to Brief Behavioural Activation (Brief BA) provides everything practitioners need to use this approach with adolescents. It is suitable for new practitioners as well as

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those who are more experienced. Brief BA is a straightforward, structured and effective intervention for treating adolescents showing symptoms of depression, focusing on helping young people to

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recover through doing more
of what matters to them.

This practical manual
contains guidance on how to
deliver Brief BA at every
stage, photocopiable
activities and worksheets
for the client and their

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parents, and a section on the research and theory behind the approach. It includes information and advice on how to assess adolescent depression, get to know the young person and their priorities better and

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help them to do more of what matters.

For Kivrin Engle, preparing an on-site study of one of the deadliest eras in humanity's history was as simple as receiving inoculations against the

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diseases of the fourteenth century and inventing an alibi for a woman traveling alone. For her instructors in the twenty-first century, it meant painstaking calculations and careful monitoring of the rendezvous

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location where Kivrin would be received. But a crisis strangely linking past and future strands Kivrin in a bygone age as her fellows try desperately to rescue her. In a time of superstition and fear,

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Kivrin - barely of age herself - finds she has become an unlikely angel of hope during one of history's darkest hours. Winner of the Hugo Award 1993 Winner of the Nebula Award 1993 "A tour de force" - New York

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Times Book Review

"Ambitious, finely detailed
and compulsively readable" -

Locus "It is a book that
feels fundamentally true; it
is a book to live in" -

Washington Post

Mental disorders such as

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depression and anxiety are increasingly common. Yet there are too few specialists to offer help to everyone, and negative attitudes to psychological problems and their treatment discourage people from

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seeking it. As a result, many people never receive help for these problems. The Oxford Guide to Low Intensity CBT Interventions marks a turning point in the delivery of psychological treatments for people with

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depression and anxiety.
Until recently, the only
form of psychological
intervention available for
patients with depression and
anxiety was traditional one-
to-one 60 minute session
therapy - usually with

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private practitioners for those patients who could afford it. Now Low Intensity CBT Interventions are starting to revolutionize mental health care by providing cost effective psychological therapies

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which can reach the vast numbers of people with depression and anxiety who did not previously have access to effective psychological treatment. The Oxford Guide to Low Intensity CBT Interventions

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is the first book to provide a comprehensive guide to Low Intensity CBT interventions. It brings together researchers and clinicians from around the world who have led the way in developing evidence-based

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low intensity CBT treatments. It charts the plethora of new ways that evidence-based low intensity CBT can be delivered: for instance, guided self-help, groups, advice clinics, brief GP interventions,

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internet-based or book-based treatment and prevention programs, with supported provided by phone, email, internet, sms or face-to-face. These new treatments require new forms of service delivery, new ways of

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communicating, new forms of training and supervision, and the development of new workforces. They involve changing systems and routine practice, and adapting interventions to particular community contexts. The

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Oxford Guide to Low Intensity CBT Interventions is a state-of-the-art handbook, providing low intensity practitioners, supervisors, managers commissioners of services and politicians with a

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practical, easy-to-read
guide - indispensable
reading for those who wish
to understand and anticipate
future directions in health
service provision and to
broaden access to cost-
effective evidence-based

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psychological therapies.
Imagery is one of the new,
exciting frontiers in
cognitive therapy. From the
outset of cognitive therapy,
its founder Dr. Aaron T.
Beck recognised the
importance of imagery in the

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understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly.

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It is only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted. The Oxford Guide to Imagery in Cognitive Therapy is a landmark book, which will play an important

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role in the next phase of cognitive therapy's development. Clinicians and researchers are starting to recognise the centrality of imagery in the development, maintenance and treatment of psychological disorders -

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for example, in social phobia, agoraphobia, depression, PTSD, eating disorders, childhood trauma, and personality disorder. In the fields of cognitive psychology and cognitive neuroscience, researchers

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are identifying the key role that imagery plays in emotion, cognition and psychopathology. The Oxford Guide to Imagery in Cognitive Therapy has been written both for clinicians and researchers. For

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clinicians, it is a user-friendly, practical guide to imagery, which will enable therapists to understand imagery phenomenology, and to integrate imagery-based interventions into their cognitive therapy practice.

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For researchers, it provides a state-of-the-art summary of imagery research, and points the way to future studies. Written by three well-respected CBT researcher-clinicians, it is essential reading for all

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cognitive therapists, who have recognised the limitations of purely 'verbal' CBT techniques, and want to find new ways to work with clients with psychological disorders.

[Anxiety and Avoidance](#)

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A Universal Treatment for
Anxiety, Panic, and Fear

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Mind-wandering, Creativity,
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A respected resource for decades, the Guide for the Care and Use of Laboratory Animals has been updated by a committee of experts, taking into consideration input from the scientific and laboratory

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animal communities and the public at large. The Guide incorporates new scientific information on common laboratory animals, including aquatic species, and includes extensive references. It is

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organized around major components of animal use: Key concepts of animal care and use. The Guide sets the framework for the humane care and use of laboratory animals. Animal care and use

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program. The Guide discusses the concept of a broad Program of Animal Care and Use, including roles and responsibilities of the Institutional Official, Attending Veterinarian and the

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Institutional Animal Care and Use Committee. Animal environment, husbandry, and management. A chapter on this topic is now divided into sections on terrestrial and aquatic animals and provides

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recommendations for housing and environment, husbandry, behavioral and population management, and more. Veterinary care. The Guide discusses veterinary care and the responsibilities of the

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Attending Veterinarian. It includes recommendations on animal procurement and transportation, preventive medicine (including animal biosecurity), and clinical care and management. The Guide

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*addresses distress and pain
recognition and relief, and
issues surrounding euthanasia.
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identifies design issues,
providing construction
guidelines for functional areas;*

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considerations such as drainage, vibration and noise control, and environmental monitoring; and specialized facilities for animal housing and research needs. The Guide for the Care and Use of

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veterinarians, animal care personnel, facilities managers, institutional administrators, policy makers involved in research issues, and animal welfare advocates.

"All physicians are involved in

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*the management of pain at
some level or the other, but of
the various specialties and
health professions, surgeons
are at the frontline of
delivering perioperative pain
care. Perioperative Pain*

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Management for General and Plastic Surgery offers a concise yet comprehensive overview of the surgical pain management field to help practitioners effectively plan and enhance perioperative pain control.

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Chapters provide guidance on solving common dilemmas facing surgeons who are managing patients with pain related problems and clinical decision-making, and explore essential topics required for

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the trainee and practitioner to quickly assess the patient with pain, to diagnose pain and painful conditions, determine the feasibility and safety of surgical procedure needed, and arrange for advanced pain

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management consults and care if needed. This text also explores the latest evolving techniques and appropriate utilization of modern equipment and technology to safely provide care. Highly

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*Using CBT in General Practice,
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physicians, who must now offer CBT as a treatment option. The book provides the practical advice needed to implement CBT within the time constraints of a busy practice. This timely book uniquely

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addresses the application of CBT to children and young people within health, school and community contexts. With the recent expansion of increasing access to psychological therapies (IAPT)

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CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and

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young people in real-world settings. Taking into consideration complex difficulties that do not always fit fixed length treatments, the authors take a much-needed realistic approach to applying

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*CBT to childhood problems.
This is relevant and accessible
reading for a wide range of
specialist child trainees and
practitioners, including new
IAPT therapists, counsellors,
nurses, teachers and social*

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workers. Peter Fuggle, Sandra Dunsmuir & Vicki Curry are co-Directors of the UCL accredited Certificate, Diploma & Masters course on Cognitive Behaviour Therapy and other outcomes based interventions (CBTOBI)

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*delivered at the Anna Freud
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*This book takes you step-by-
step through the Low-intensity
CBT interventions and clinical
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Resource site of accompanying*

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workbooks and worksheets, it provides a comprehensive manual for trainee and qualified Psychological Wellbeing Practitioners. Critical reflection, like all practice-based skills, can only

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be mastered by doing it. This practical user's guide takes the reader through a structured and coherent course in reflective practice, with frequent reflective writing exercises, discussion breaks

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and suggestions for further reading. With chapters on individual and group supervision, reflective writing, research and education, this book will be of interest to students and practitioners at

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all levels of nursing, midwifery, health visiting and social work.
"Oxford Guide to Metaphors in CBT, Building Cognitive Bridges is a remarkable, memorable, and continually fascinating book, one that will be on my

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repeated reference list for years to come." Robert Leahy, Clinical Professor of Psychology in Psychiatry at Well-Comell University Medical College -- A common thread ties together the five case studies of this

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book: the persistence with which the bilateral relationship between the United States and the Soviet Union continues to dominate American foreign and regional policies. These essays analyze the LIC environment in

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*Cognitive Behavioural Therapy for Mild to
Moderate Depression and Anxiety provides*

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information and support using evidence-based, low-intensity psychological treatments involving cognitive behavioural therapy (CBT) for mild to moderate mental illness. Its main focus is on supporting the low-intensity worker (Psychological Well-Being Practitioner) with patient self-management. The book closely mirrors the

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key components of assessment, therapeutic relationship, treatment of low mood, anxiety and panic, signposting and basic psychopharmacology. Written in a step-by-step approach by experienced CBT trainers, this book offers: a strong focus on the process of assessment a breakdown of the important factors necessary for an effective

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therapeutic relationship a clear 'how to guide for the low intensity treatment of anxiety and depression an emphasis on how to get the best out of supervision Designed as a core text for modules 1 and 2 of the Postgraduate Certificate for Low-intensity Therapy Workers (IAPT), this book is also suitable for all undergraduate and

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postgraduate courses that require the student to have a basic skill set for the treatment of low mood and anxiety/panic, i.e. psychology, counselling, CBT, nursing and social work. It is a useful practical companion to all who have an interest in or work directly with clients who experience common mental health problems. Colin

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*Hughes is a BABCP accredited
Psychotherapist, Registered Nurse and
Lecturer at Queen's University, Belfast, UK.
He has been involved in Nurse training,
particularly postgraduate psychotherapy for
a number of years and has a specialist
interest in the field of personality disorders.
Stephen Herron is a BABCP Accredited*

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CBT Psychotherapist, working in the NHS and private practice. He is an Associate Lecturer on Certificate and Postgraduate Diploma CBT courses at Queen's University, Belfast, UK, and has been involved in CBT training for over 15 years. Dr Joanne Younge works as an Associate Specialist Old Age Psychiatrist and BABCP accredited

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CBT Psychotherapist in the NHS, and is an Associate Lecturer on the postgraduate diploma in CBT (BABCP accredited training course) at Queen's University, Belfast, UK. She has also devised and delivered a brief CBT skills training package for a Mental Health Community Team and has a special interest in

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supervision. I have been looking for a book to use as a manual for CBT, and I am glad to say that I have found it! All psychotherapists, whatever their psychological views, will find much to stimulate their thinking in this book. Its depth and scope, the variety of data explored, and the stark nature of the

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argument will provoke both thought and emotion. This well-written book provides coverage of a number of important issues and techniques not commonly treated in a didactic manner and specifically not covered in most introductory CBT textbooks. If you are in any way concerned with the practical way to apply CBT for anxiety or

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depression, you owe it to yourself to read this book. Dr Mamoun Mobayed, Consultant Psychiatrist, Director of the Program Department, Doha, Qatar Let me put this succinctly - the authors have written a very helpful book. It is essential reading for anyone who is involved in the delivery of low intensity CBT for depression and

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anxiety. Depression and anxiety are unfortunately rife within our society and cause significant suffering. Ultimately mental health workers are engaged in addressing and ameliorating that suffering; it is a hard job. This book goes a long way in affording support to those workers through clearly outlining cognitive and

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behavioural principles and techniques that are proven to help with these types of presentations. Written by highly experienced cognitive behaviour therapists and lecturers for people who are providing low-intensity interventions, the book offers step-by-step explanations of evidenced and invaluable CBT approaches and techniques. Although

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primarily written for people with limited experience and training in CBT I believe all therapists and mental health workers, whatever their level of experience or training, will find much to inform and support them in this book. Karl Tooher, Centre Director at Northside Counselling Service Herron, Hughes and Younge have

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skillfully woven their passion for CBT and its ability to transform lives with a common sense and useful guide. This book combines principles, theory and practice in a thought provoking and accessible way for any practitioner working with people experiencing a mental health problem. Practitioners of all hues can enhance their

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core skills in working with sufferers of anxiety and depression. Lots of health professionals work with the aim of aiding clients in recovery from common mental health problems, however they can often find in real life situations that they have insufficient skills to fully help in this task. This book can provide health care workers

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of varying professional backgrounds with a really useful road map to do this. The authors clearly integrate their own clinical experiences with the evidence base in an engaging way. Principles, theory and practical aspects of a CBT approach are combined along with helpful suggestions for putting these into practice and integrating

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these new skills with how people already work. Everyone from GP's or Student nurses/AHP's to experienced mental health workers will be able to glean useful gems from this book, for example within the chapter on Assessment, the methods described could be fruitful for anyone seeking to establish a collaborative

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relationship and shared understanding of difficulties. Catriona Kent, Nurse Consultant, Glasgow Institute of Psychosocial Interventions

All of us feel anxious from time to time, but for one in six people in the UK chronic depression can become unbearable and severely disrupt everyday life. The Mood

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Gym is an interactive programme designed for those who would like to manage existing negative emotions and prevent mental health problems in the future. Drawing on the latest research and based on two proven techniques - Cognitive Behaviour Therapy and Interpersonal Therapy - this unique guide will: - assess your mood and anxiety

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levels through interactive quizzes - help you to change unhelpful patterns of thought and behaviour - offer proven coping strategies to help you deal with depression and let you enjoy your life once more - outline complementary therapies, such as relaxation and meditation, to assist you in your recovery The Mood Gym is a unique guide

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that will help you feel better.

Every year, thousands of students go to university to study mathematics (single honours or combined with another subject).

Many of these students are extremely intelligent and hardworking, but even the best will, at some point, struggle with the demands of making the transition to

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advanced mathematics. Some have difficulty adjusting to independent study and to learning from lectures. Other struggles, however, are more fundamental: the mathematics shifts in focus from calculation to proof, so students are expected to interact with it in different ways. These changes need not be mysterious -

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mathematics education research has revealed many insights into the adjustments that are necessary - but they are not obvious and they do need explaining. This non-nonsense book translates these research-based insights into practical advice for a student audience. It covers every aspect of studying for a mathematics degree, from the

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most abstract intellectual challenges to the everyday business of interacting with lecturers and making good use of study time. Part 1 provides an in-depth discussion of advanced mathematical thinking, and explains how a student will need to adapt and extend their existing skills in order to develop a good understanding of

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undergraduate mathematics. Part 2 covers study skills as these relate to the demands of a mathematics degree. It suggests practical approaches to learning from lectures and to studying for examinations while also allowing time for a fulfilling all-round university experience. The first subject-specific guide for students, this friendly,

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practical text will be essential reading for anyone studying mathematics at university.

"The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by

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paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowledge of the subject"--Provided by publisher.

Do you suffer from panic, anxiety, and fear in your day-to-day life? Do you often avoid social situations, activities like driving, or even going to the store because of a fear

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of being overwhelmed or triggering a panic attack? You might be interested to know that anxiety disorders are the most common mental health disorders in the United States. In Anxiety and Avoidance, psychologist and anxiety disorder expert Michael Tompkins presents a universal protocol to help you cope with anxiety, panic, and fear,

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regardless of your particular mental health diagnosis. This universal protocol is based on David H. Barlow's "unified protocol," and is a cognitive behavioral approach. Tompkins also draws on mindfulness-based therapies such as acceptance and commitment therapy (ACT) that have been used successfully in the treatment of anxiety

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disorders for years. The book includes present-moment awareness (mindfulness) techniques, motivational tools for overcoming experiential avoidance, and cognitive tools for reframing anxiety and fear. In addition, you will learn how to use your personal values as a vehicle for lasting change. While most anxiety treatments have

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focused on symptom reduction, this book teaches you the skills needed to better handle the underlying emotional reactions that lead to anxiety and panic in the first place. If you are ready to stop avoiding situations that cause you to panic and get back to living a full life, this book is a powerful resource that can help you make a lasting

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change using an innovative, transdiagnostic approach.

Stress is part and parcel of life. We all get it. Think of blood pressure. If you are alive, you have blood pressure. If you are alive, you have stress. If your blood pressure gets too high, you should do something about it. The same is true with stress and this book

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will help you to control it. Stress can be a mixture of anxiety, depression, panic feelings, poor sleep, low self-confidence, low self-esteem and a poor sense of wellbeing. It is one of the most common problems in the world today. But controlling your stress doesn't have to mean expensive therapy or a long waiting list for a referral

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to a service. This book will teach you to become your own therapist: · Learn about stress and how it affects you · Follow straight-forward steps to get an instant sense of control · Develop a set of linked skills for long-term stress management · Boost your wellbeing · Feel in control of your future
This accessible, jargon-free book combines

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clinically proven methods from cognitive behavioural therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind, your body and your life.

A practical and comprehensive introduction to the principles, skills and application of Low Intensity Cognitive Behaviour Therapy.

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The classic Cognitive Behavioral Therapy guide to managing low self-esteem. The accessible, straightforward, and practical books in the Overcoming series outline affordable and easy-to-follow treatment plans, and have provided tens of thousands of readers with the help they need to overcome self-defeating behavior and lead

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A Practitioner's Guide

How to Study for a Mathematics Degree

*A Self-Practice/Self-Reflection Workbook
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*Experiencing Compassion-Focused Therapy
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Distinctive Features

CBT for Worry and Generalised Anxiety

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[Disorder](#)

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Mental ill-health causes more suffering in our society than physical illness, yet most people who need help don't get it. In

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Thriveleading mental health experts Richard Layard and David Clark show how evidence-based psychological treatments can bring huge human and economic benefits and, above all, hope. 'This book is an inspiring success story and a

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stirring call to further action.' Daniel Kahneman 'Remarkable . . . presents the issues in a style that easy for the professional, the general public, and policy makers to understand.' Aaron T. Beck 'An important book . . . the case the

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authors make for ending this neglect is unanswerable.' Martin Wolf, Financial Times, Books of the Year 'This is simply the best book on public policy and mental health ever written.' Martin Seligman 'Shout it from the rooftops.' Peter

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Fonagy, The Psychologist

For therapists wishing to build their skills in compassion-focused therapy (CFT), this powerful workbook presents a unique evidence-based training approach. Self-practice/self-reflection (SP/SR)

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enables therapists to apply CFT techniques to themselves and reflect on the experience as they work through 34 brief, carefully crafted modules. The authors are master trainers who elucidate the multiple layers of CFT, which

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integrates cognitive-behavioral therapy, evolutionary science, mindfulness, and other approaches. Three extended therapist examples serve as companions throughout the SP/SR journey. In a large-size format for easy photocopying, the

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volume includes 12 reproducible worksheets. Purchasers get access to a Web page where they can download and print the reproducible materials. ÿ

Developing skills and competency in CBT is a complex process of

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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

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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

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training and in supervision and self-supervision, - reflecting on the therapeutic relationship, on our sociocultural perceptions and biases and on client feedback - how reflection is vital to self-care and to becoming a better therapist,

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Obsessive-compulsive disorder can be a very disabling and distressing problem. Cognitive behavioural

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therapy (CBT) has been shown to be very effective in helping people to overcome OCD. However, OCD is a highly heterogeneous disorder, often complicated by contextual factors, and therapists are often left wondering how to apply their

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knowledge of treatment to the particular problems as they face them in clinical practice. This book provides the reader with an understanding of the background to and principles of using CBT for OCD in a clear practical 'how to'

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style. It also elucidates the particular challenges and solutions in applying CBT for OCD using illustrative case material and guidance on formulation-driven intervention. The book also addresses commonly occurring

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complexities in the treatment of OCD, for example working with comorbidity, perfectionism, shame and family involvement in symptoms. Throughout the book, the authors provide tips on receiving and giving supervision to

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trouble-shoot commonly
encountered problems, resulting in
a guide that can help clinicians at
all levels of experience.

An Introduction to Cognitive
Behaviour Therapy is the definitive
beginner's guide to the basic

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trainees use cognitive behavioural therapy to assess and treat generalised anxiety disorder (GAD), one of the most commonly presented client issues. Taking the reader step-by-step through each stage of CBT with anxiety and

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worry, the authors illustrate the whole range of different treatment techniques whilst keeping the book accessible and concise. Tailored to current High and Low Intensity (IAPT) training, it covers self-help literature as well as traditional one-

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to-one therapy. The book: -
contains illustrative case material,
balancing an evidence-based
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existence of other anxiety or mood disorders alongside GAD - addresses cross-cutting professional themes, such as working with morbidity and the pressures of working within NHS settings. Bridging the gap between

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theory and practice, this book is essential reading for all CBT trainees on IAPT programmes, as well as trainees on postgraduate counselling, psychotherapy and clinical psychology courses. Qualified therapists who require an

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update in this area will also find this a useful resource.

Health and human services currently face a series of challenges - such as aging populations, chronic diseases and new endemics - that require highly

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complex responses, and take place in multiple care environments including acute medicine, chronic care facilities and the community. Accordingly, most modern health care interventions are now seen as 'complex interventions' - activities

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that contain a number of component parts with the potential for interactions between them which, when applied to the intended target population, produce a range of possible and variable outcomes. This in turn requires methodological

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developments that also take into account changing values and attitudes related to the situation of patients ' receiving health care. The first book to place complex interventions within a coherent system of research enquiry, this

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work is designed to help researchers understand the research processes involved at each stage of developing, testing, evaluating and implementing complex interventions, and assist them to integrate methodological

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*trainees to cognitive therapy
supervisors. Following a
foreword by David Clark, the first
two chapters provide a
theoretical and practical
background for the
understanding and development*

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*of behavioural experiments.
Thereafter, the remaining
chapters of the book focus on
particular problem areas. These
include problems which have
been the traditional focus of
cognitive therapy (e.g.*

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*depression, anxiety disorders),
as well as those which have only
more recently become a subject
of study (bipolar disorder,
psychotic symptoms), and some
which are still in their relative
infancy (physical health*

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problems, brain injury). The book also includes several chapters on transdiagnostic problems, such as avoidance of affect, low self-esteem, interpersonal issues, and self-injurious behaviour. A final chapter by

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Christine Padesky provides some signposts for future development. Containing examples of over 200 behavioural experiments, this book will be of enormous practical value for all those

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ACT and CFT. The authors identify core processes of change and examine how each therapy contributes to each core process, helping in the integration of all four. The text considers the influence of early

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adversity on later mental wellbeing, the theoretical underpinnings of mindfulness, behaviour analysis, reliving and re-scripting and dissociation. Theory and practice chapters are illustrated using case vignettes.

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The book will be useful for therapists to structure sessions with clients. It demonstrates how to follow a theoretical approach and offers a therapeutic structure for integrated clinical work. It will be useful in reflective practice

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and supervision, and for students learning about a variety of therapeutic approaches.

Rev. ed. of: Cognitive behaviour therapy for people with cancer / Stirling Moorey and Steven Greer. 2002.

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*help to reinforce explanations
and examples.*

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the nature and causes of the
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leading experts in the field. A fear of contamination drives the most common manifestation of obsessive compulsive disorders(OCD), compulsive washing. OCD is a distressing anxiety disorder that affects 1-2

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percent of the population and can be disabling. Intense and complex forms of the disorder benefit from advanced analyses of contamination and its treatment. This book, part of a series on modern psychological

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treatments published by OUP, provides a detailed account of the nature and causes of the various forms of a fear of contamination and their consequences. Methods of treatment are described and fully

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