

Psychological Principles of CBT CBT7001

[View Online](#)

APA PsycARTICLES® - ProQuest. (n.d.).

<https://login.ezproxy.bolton.ac.uk/login?url=https://search.proquest.com/psycarticles/advanced?accountid=9653>

APA PsycINFO® - ProQuest. (n.d.).

<https://login.ezproxy.bolton.ac.uk/login?url=https://www.proquest.com/psycinfo/ip?accountid=9653>

BABCP Standards. (n.d.).

<http://www.babcp.com/files/About/BABCP-Standards-of-Conduct-Performance-and-Ethics-0917.pdf>

BACP Professional Conduct - Welcome to Professional Conduct. (n.d.).

http://www.bacp.co.uk/prof_conduct/

Beck, A. T. (1979). Cognitive therapy of depression: Vol. The Guilford clinical psychology and psychotherapy series. Guilford Press.

Beck, A. T., Emery, G., & Greenberg, R. L. (1985). Anxiety disorders and phobias: a cognitive perspective. Basic Books.

Beck, J. S. (1995). Cognitive therapy: basics and beyond [Electronic resource]. Guilford Press. <https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=5267675>

Beck, J. S., & Beck, J. S. (2011). Cognitive behavior therapy: basics and beyond (2nd ed). Guilford. <https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=735600>

Bennett-Levy, J. (2004). Oxford guide to behavioural experiments in cognitive therapy: Vol. Cognitive behaviour therapy : science and practice series. Oxford University Press.

Blackburn, I.-M., James, I. A., Milne, D. L. and Reichelt, F. K., with Garland, A., Baker, C. Standart, S. H. and Claydon, A. (2001). Cognitive Therapy Scale- Revised (CTS-R). Unpublished manuscript. (n.d.). <https://www.getselfhelp.co.uk/docs/CTSR.pdf>

Blackburn, Ivy-Marie. (n.d.). THE REVISED COGNITIVE THERAPY SCALE (CTS-R): PSYCHOMETRIC PROPERTIES. Behavioural and Cognitive Psychotherapy; Cambridge, 29(4), 431-446.

<https://search-proquest-com.ezproxy.bolton.ac.uk/docview/213095337/abstract/757A9A466AED4391PQ/2?accountid=9653>

Blackburn, Ivy-Marie, James, Ian A, Milne, Derek L, Baker, Chris, Standart, Sally. (n.d.). THE REVISED COGNITIVE THERAPY SCALE (CTS-R): PSYCHOMETRIC PROPERTIES. *Behavioural and Cognitive Psychotherapy*, 29(4), 431–446.
<https://search-proquest-com.ezproxy.bolton.ac.uk/docview/213095337/fulltextPDF/E1FC8CA298944BF5PQ/4?accountid=9653>

BPS. (n.d.). <http://www.bps.org.uk/>

BPS Code of Conduct. (n.d.).
[https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Code%20of%20Ethics%20and%20Conduct%20\(2009\).pdf](https://www.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Code%20of%20Ethics%20and%20Conduct%20(2009).pdf)

Butler, G., Fennell, M. J. V., Hackmann, A., & MyLibrary. (2008). *Cognitive-behavioral therapy for anxiety disorders: mastering clinical challenges* [Electronic resource]. Guilford Press. <http://lib.myilibrary.com?id=249025>

Cognitive and Behavioural Therapy | UCL Psychology and Language Sciences - UCL - London's Global University. (n.d.).
<https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/core/competence-frameworks-2>

Crozier, W. R., & Alden, L. E. (2005). *The essential handbook of social anxiety for clinicians*. Wiley.

Department of Health: Cognitive and behavioural therapy (CBT) for people with depression and anxiety. What skills can service users expect their therapists to have? (n.d.).
http://dera.ioe.ac.uk/21089/1/DH_078534.pdf

Department of Health: The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders. (n.d.).
https://www.uea.ac.uk/documents/246046/11919343/CBT_Competence_List.pdf/fcb5b875-67da-4f85-966c-a01506dacf60

Department of Health: The Ten Essential Shared Capabilities - A Framework for the whole of the Mental Health Workforce. (n.d.).
http://webarchive.nationalarchives.gov.uk/20121102194627/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4087170.pdf

Discover@Bolton | University of Bolton. (n.d.).
<http://www.bolton.ac.uk/library/Electronic-Resources/Discover-At-Bolton.aspx>

Dugas, Michel J, Koerner, Naomi. (n.d.). Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: Current Status and Future Directions. *Journal of Cognitive Psychotherapy*, 19, 61–81.
<https://search-proquest-com.ezproxy.bolton.ac.uk/docview/89071444/fulltextPDF/EDBFF26BB3214BF9PQ/8?accountid=9653>

Ehlers, A., & Clark, D. M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy*, 38(4), 319–345.
[https://doi.org/10.1016/S0005-7967\(99\)00123-0](https://doi.org/10.1016/S0005-7967(99)00123-0)

Ehlers, A., Clark, D. M., Hackmann, A., McManus, F., & Fennell, M. (2005). Cognitive therapy for post-traumatic stress disorder: development and evaluation. *Behaviour Research and Therapy*, 43(4), 413–431. <https://doi.org/10.1016/j.brat.2004.03.006>

Feltham, C., Hanley, T., & Winter, L. A. (Eds.). (2017). *The SAGE handbook of counselling and psychotherapy* (4th edition). SAGE.

Friedberg, R. D., & McClure, J. M. (2015). *Clinical practice of cognitive therapy with children and adolescents: the nuts and bolts* (Second edition) [Electronic resource]. The Guilford Press. <https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=1821088>

Friedberg, R. D., McClure, J. M., & Garcia, J. H. (2014a). *Cognitive therapy techniques for children and adolescents: tools for enhancing practice*. The Guilford Press.

Friedberg, R. D., McClure, J. M., & Garcia, J. H. (2014b). *Cognitive therapy techniques for children and adolescents: tools for enhancing practice* [Electronic resource]. The Guilford Press. <https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=454788>

Friedberg, R. D., McClure, J. M., & Garcia, J. H. (2014c). *Cognitive therapy techniques for children and adolescents: tools for enhancing practice* [Electronic resource]. The Guilford Press. <https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=454788>

Grant, A. & Dawsonera. (2010). *Cognitive behavioural therapy in mental health care* (2nd ed) [Electronic resource]. SAGE. <https://www-dawsonera-com.ezproxy.bolton.ac.uk/abstract/9781446206010>

Hawton, K. (1989). *Cognitive behaviour therapy for psychiatric problems: a practical guide*. Oxford Univ. Press.

Heimberg, R. G., & Becker, R. E. (2002). *Cognitive-behavioral group therapy for social phobia: basic mechanisms and clinical strategies*. Guilford.

Hope, D. A., Heimberg, R. G., & Turk, C. L. (2010). *Managing social anxiety: a cognitive-behavioral therapy approach : therapist guide: Vol. Treatments that work* (2nd ed). Oxford University Press.

Kennerley, H., Kirk, J., Westbrook, D., & Westbrook, D. (2016). *An introduction to cognitive behaviour therapy: skills and applications* (Third edition). SAGE.

Kozak, M. J., & Foa, E. B. (1997). *Mastery of obsessive-compulsive disorder: a cognitive-behavioral approach : therapist guide*. Oxford University Press.

Leahy, R. L. (2003a). *Cognitive therapy techniques: a practitioner's guide*. Guilford Press.
Leahy, R. L. (2003b). *Overcoming resistance in cognitive therapy*. Guilford Press.

Leahy, R. L. & EBSCO ebooks. (2017). *Cognitive therapy techniques: a practitioner's guide* (Second edition). The Guilford Press. <https://login.ezproxy.bolton.ac.uk/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=1471318&site=ehost-live>

Leahy, Robert L. (n.d.). *Treatment Plans and Interventions for Depression and Anxiety*

Disorders, 2e. <http://lib.myilibrary.com/Open.aspx?id=334044&src=0>

LEAP Online | University of Bolton. (n.d.). <http://www.bolton.ac.uk/leaponline/Home.aspx>

Neenan, M., & Dryden, W. (2011). Cognitive therapy in a nutshell (2nd ed). SAGE.

Neenan, M., Dryden, W., & MyiLibrary. (2011). Cognitive therapy in a nutshell (2nd ed) [Electronic resource]. SAGE.
<http://lib.myilibrary.com.ezproxy.bolton.ac.uk/Open.aspx?id=581982>

NICE | The National Institute for Health and Care Excellence. (n.d.). NICE.
<https://www.nice.org.uk/>

Psychology Database - ProQuest. (n.d.).
<http://search.proquest.com/psychology/advanced?accountid=9653>

Steketee, G. S. (1993). Treatment of obsessive compulsive disorder. Guilford Press.

Subject Guide: Psychology. (n.d.). <http://libguides.bolton.ac.uk/psychology>

Wells, A. (2012). Cognitive therapy of anxiety disorders: a practice manual and conceptual guide (2nd ed). Wiley-Blackwell.