

## Supervised Practice 2 CBT7007

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/](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., & 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.

BPS Code of Conduct. (n.d.).

<https://beta.bps.org.uk/sites/beta.bps.org.uk/files/Policy%20-%20Files/Code%20of%20Ethics%20and%20Conduct%20%282009%29.pdf>

Butler, G., Fennell, M. J. V., & Hackmann, A. (2008). *Cognitive-behavioral therapy for anxiety disorders: mastering clinical challenges*. Guilford Press.

<https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=479598>

Cognitive and behavioural therapy (CBT) for people with depression and anxiety. What skills can service users expect their therapists to have? (n.d.).

[http://www.oxleas.nhs.uk/site-media/cms-downloads/CBT\\_for\\_people\\_with\\_depression\\_and\\_anxiety\\_Department\\_of\\_Health.pdf](http://www.oxleas.nhs.uk/site-media/cms-downloads/CBT_for_people_with_depression_and_anxiety_Department_of_Health.pdf)

Cognitive therapy scale-revised. (n.d.). <http://www.ebbp.org/resources/cts-r.pdf>

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

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

Dugas, Michel JKoerner, Naomi. (n.d.). Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: Current Status and Future Directions. *Journal of Cognitive Psychotherapy*, 1, 61-81.  
<http://search.proquest.com.ezproxy.bolton.ac.uk/docview/89071444/7C3D305D8B684EC6PQ/8?accountid=9653>

Ehlers, A., & Clark, D. M. (2000). A cognitive model of posttraumatic stress disorder. 38(4), 319-345.  
[http://sb3yq5vr3s.search.serialssolutions.com/ctx?url\\_ver=Z39.88-2004&rft.jtitle=Behaviour Research and Therapy&rft.atitle=A cognitive model of posttraumatic stress disorder&rft\\_id=info:doi/10.1016/S0005-7967\(99\)00123-0&rft.volume=38&rft.spage=319&rft.issn=00057967&rft.epage=345&rft.issue=4&rft.date=2000-4&rft.aufirst=Anke&rft.aulast=Ehlers](http://sb3yq5vr3s.search.serialssolutions.com/ctx?url_ver=Z39.88-2004&rft.jtitle=Behaviour%20Research%20and%20Therapy&rft.atitle=A%20cognitive%20model%20of%20posttraumatic%20stress%20disorder&rft_id=info:doi/10.1016/S0005-7967(99)00123-0&rft.volume=38&rft.spage=319&rft.issn=00057967&rft.epage=345&rft.issue=4&rft.date=2000-4&rft.aufirst=Anke&rft.aulast=Ehlers)

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>

Friedberg, R. D., & McClure, J. M. (2015). *Clinical practice of cognitive therapy with children and adolescents: the nuts and bolts* (Second edition). 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*. 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*. The Guilford Press.  
<https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=454788>

Grant, A. (2010). *Cognitive behavioural therapy in mental health care* (2nd ed). SAGE.  
<https://ebookcentral.proquest.com/lib/bolton/detail.action?docID=743502>

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: Vol. Treatment manuals for practitioners*. 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, Robert L. (n.d.-a). Cognitive Therapy Techniques, Second Edition : A Practitioner's Guide. Print/Save 30 pagesCopy/Paste RestrictedDownload Restricted.  
<http://search.ebscohost.com.ezproxy.bolton.ac.uk/login.aspx?direct=true&db=nlebk&AN=1471318&site=ehost-live>
- Leahy, Robert L. (n.d.-b). 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>  
NICE guidance. (n.d.). NICE. <https://www.nice.org.uk/guidance>
- Psychology Database - ProQuest. (n.d.).  
<http://search.proquest.com/psychology/advanced?accountid=9653>
- Psychology: Starting point - Subject Guide. (n.d.). <http://libguides.bolton.ac.uk/psychology>
- Steketee, G. S. (1993). Treatment of obsessive compulsive disorder: Vol. Treatment manuals for practitioners. Guilford Press.
- The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders. (n.d.).  
[http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/documents/digitalasset/dh\\_078535.pdf](http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_078535.pdf)
- The revised cognitive therapy scale (CTS-R): Psychometric properties. (n.d.).  
[http://sb3yq5vr3s.search.serialssolutions.com/ctx?url\\_ver=Z39.88-2004&rft.jtitle=Behavioral and Cognitive Psychotherapy&rft.atitle=THE REVISED COGNITIVE THERAPY SCALE \(CTS-R\): PSYCHOMETRIC PROPERTIES&rft\\_id=info:doi/10.1017/S1352465801004040&rft.volume=29&rft.issn=1352-4658&rft.issue=04&rft.eissn=1469-1833&rft.date=2001-10&rft.aufirst=Ivy-Marie&rft.aualast=Blackburn](http://sb3yq5vr3s.search.serialssolutions.com/ctx?url_ver=Z39.88-2004&rft.jtitle=Behavioral%20and%20Cognitive%20Psychotherapy&rft.atitle=THE%20REVISED%20COGNITIVE%20THERAPY%20SCALE%20(CTS-R)%3A%20PSYCHOMETRIC%20PROPERTIES&rft_id=info:doi/10.1017/S1352465801004040&rft.volume=29&rft.issn=1352-4658&rft.issue=04&rft.eissn=1469-1833&rft.date=2001-10&rft.aufirst=Ivy-Marie&rft.aualast=Blackburn)
- The Ten Essential Shared Capabilities - A Framework for the whole of the Mental Health Workforce. (n.d.). <http://iapt.nhs.uk/silo/files/10-essential-shared-capabilities.pdf>
- UCL CORE competences. (n.d.).  
[http://www.ucl.ac.uk/clinical-psychology/CORE/CBT\\_Framework.htm](http://www.ucl.ac.uk/clinical-psychology/CORE/CBT_Framework.htm)
- Wells, A. (1997). Cognitive therapy of anxiety disorders: a practice manual and conceptual guide. Wiley.
- Wells, A. (2012). Cognitive therapy of anxiety disorders: a practice manual and conceptual guide (2nd ed). Wiley-Blackwell.