

# RECOMMENDED READING LIST

## General Books for the Basics of DBT

### **Brief, paperback, fabulous overviews. Necessary reading for DBT.**

Dryden, W. & DiGiuseppe, R. (2002). A Primer on Rational-Emotive Therapy-revised edition. Champaign, IL: Research Press. **[COGNITIVE RESTRUCTURING]**

This book presents a very clear, concise overview of the central principles of Rational Emotive Therapy (RET). It discusses rational versus irrational thinking, the ABC framework, the three basic musts that interfere with rational thinking, and the theory of change in RET. A detailed case example that includes verbatim dialogue between therapist and client illustrates the 13-step RET process. An appendix by Albert Ellis examines the special features of RET that set it apart from other therapies, especially other cognitive-behavioral approaches.

Linehan, M. M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. New York: Guilford Press. **[SKILLS TRAINING]**

This book is a step-by-step guide for teaching clients four sets of skills: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. It includes useful, clear-cut handouts that may be readily photocopied.

Pryor, K. (1999). Don't Shoot the Dog: The New Art of Teaching and Training. New York: Bantam Doubleday Dell Pub. **[CONTINGENCY MANAGEMENT]**

A groundbreaking behavioral scientist and dynamic animal trainer, Karen Pryor is a powerful proponent of the principles and practical uses of positive reinforcement in teaching new behaviors. Here are the secrets of changing behavior in pets, kids—even yourself—without yelling, threats, force, punishment, guilt trips...or shooting the dog.

Goldfried, M. L. & Davidson, G. C. (1994). Clinical Behavior Therapy. New York: John Wiley & Sons, Inc. **[BEHAVIOR THERAPY]**

This compact manual covers the theoretical underpinnings of behavior therapy as well as approaches to behavioral assessment and practical therapeutic techniques. Includes a new chapter on advances in the field.

Foa, E. (2001). Stop Obsessing. New York: Bantam Books. **[EXPOSURE]**

In *Stop Obsessing* you will discover: A series of questionnaires to help you analyze the severity of your obsessions and compulsions. An initial self-help program to overcome milder symptoms and reduce more severe cases. The most effective way to help you let go of your obsessions and gain control over your compulsions. An intensive three-week program for anyone who spends more than two hours a day on obsessions or rituals. Expert guidance in determining whether you need the added help of a professional. Stop Obsessing! 's powerful and reliable techniques have helped thousands of patients with OCD reduce or eliminate unwanted thoughts and rituals.

Kazdin, A.E. (2000). Behavior Modification in Applied Settings. Belmont, CA: Wadsworth Pub. Co.

Alan Kazdin, a well-known and highly respected researcher in behavior modification, offers a scholarly, thoroughly contemporary look at behavior modification principles and their application in clinical, home, school, and work settings. By including both applied research and clinical intervention techniques, Kazdin's text provides a balance between research and practice. The new edition is now written in a more conversational style and offers an expanded "how to" focus, giving students opportunities to practice the principles.

### **Behavior Therapy**

Barlow, D. H. (Ed.) (2001). Clinical Handbook of Psychological Disorders (3<sup>rd</sup> edition). New York: Guilford Press.

This classic text provides detailed, practical guidelines for treating the most commonly encountered adult disorders. The latest advances in evidence-based practice are reflected in chapters from an expert array of scientist-practitioners. The third edition features new chapters on bipolar disorder, cocaine dependence, and interpersonal psychotherapy for depression, as well as broader coverage of alcohol use disorders and sexual dysfunction. Each chapter summarizes current knowledge about the clinical presentation, etiology, and diagnosis of the disorder at hand; reviews the models or theories that guide intervention; and describes typical treatment settings. Authors then delineate step-by-step protocols for assessment and treatment, illustrated with transcripts and vignettes. Also provided are available data on clinical predictors of treatment outcomes.

Clark, D. M. & Fairburn, C. G. (1997). Science & Practice of Cognitive Behaviour Therapy. New York: Oxford University Press.

Psychological treatments have proved very effective in treating a wide spectrum of psychiatric syndromes, including depression, panic disorder, generalized anxiety disorder, bulimia nervosa, hypochondriasis, chronic fatigue syndrome, premenstrual syndrome and social phobia. The Science and Practice of Cognitive Behavior Therapy reviews the current literature and provides a useful examination of the science and practice within cognitive behaviour therapy. Both David Clark and Christopher Fairburn are acknowledged experts in the field and have succeeded in bringing together some of the world's foremost authorities in psychiatry. Topics covered include: the scientific foundations of cognitive behaviour therapy, efficacy and dissemination of psychological treatments, panic disorders and social phobia, obsessive-compulsive disorder, sex therapy, and attempted suicide.

Craighead, L. W., Craighead, W. E., Kazdin, A. E., & Mahoney, M. J. (1993). Cognitive and Behavioral Interventions: An Empirical Approach to Mental Health Problems. Upper Saddle River, NJ: Allyn & Bacon.

This volume provides a balanced discussion of both cognitive and behavioral perspectives of mental health issues, emphasizing the broad range of applications and wide variety of disorders in which interventions have been shown to be effective. Covers disorders and problem areas in both adult and child/adolescent populations, reflects the views and conclusions of the active researchers in the field, focuses on empirical validation and differing approaches in and across problem areas, and future directions in the field are covered throughout the book.

Foa, E. B. & Rothbaum, B. O. (2001). Treating the Trauma of Rape: Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder. Guilford Press: New York.

Blends scientific information about the nature of traumatic reactions with practical clinical guidelines for conducting cognitive-behavioral therapy with rape victims. In addition, case studies are provided and specific problems that may come up are addressed.

Follette, V. M., Rusek, J.I., & Abueg, F. R. (2001). Cognitive Behavioral Therapies for Trauma. New York: The Guilford Press.

This volume brings together leading clinicians and researchers to present cognitive-behavioral approaches to treating PTSD and other trauma-related symptoms and disorders. Solidly grounded in the latest theory and research, chapters describe pragmatic, clinician-friendly strategies for working with problems that are prevalent across a variety of trauma experiences,

including intrusion and arousal, guilt, anger, substance abuse, dissociation, and relationship difficulties. Providing a comprehensive account of the current state of cognitive-behavioral treatments for trauma, this volume is a highly practical tool for psychologists, psychiatrists, social workers, counselors, and other mental health professionals. It also serves as an exemplary text for graduate-level students in these areas.

Lieberman, D. (1999). Learning: Behavior and Cognition (3<sup>rd</sup> Edition). Belmont, CA: Wadsworth Publishing Co.

Without sacrificing intellectual rigor, this clear and beautifully written text shows how learning principles revealed in animal research can be applied to human behavior. Rather than leaving students with only classical conditioning, reinforcement, and formation of associations, Lieberman also reveals the relationship of learning to cognitive processes, such as memory and thinking. His coverage of the Rescorla-Wagner model-cited as "an especially lucid overview" in the *Journal of Comparative Psychology*-enables students to understand the importance of neural network models in learning research (a topic either ignored or not made clear in other texts) and to perceive the links between associative learning and higher cognitive processes.

O'Donohue, W., Fisher, J. E. & Hayes, S. C. (Eds.) (2003). Cognitive Behavior Therapy: Applying Empirically Supported Techniques in your Practice. New York: John Wiley & Sons, Inc.

Cognitive Behavior Therapy brings together all the techniques of cognitive behavior therapy into one comprehensive volume. In more than sixty chapters, an international group of contributors offer complete information on the details of implementing empirically supported therapeutic techniques to treat a wide range of presenting problems, including smoking cessation, stress management, habit reversal, pain management, and many others.

This book assists you in properly and successfully delivering a large number of effective treatment techniques. The broad array of empirically supported techniques, thoroughly covered by leading experts in each discipline, provides a unique resource for thorough and proper administration of effective therapies for a wide range of clinical problems. A range of basic to more complex methods in cognitive behavior therapy is identified, including standard behavior therapy and cognitive therapy techniques, as well as up-to-date procedures such as acceptance strategies and mindfulness.

Complete with helpful tables clearly explaining, step by step, the implementation of each therapeutic technique, Cognitive Behavior Therapy is an essential tool for mental health practitioners and researchers working with these specialized therapies.

Pear, J. & Martin, G. L. (2002). Behavior Modification: What it is and How to do it (Part III, 7<sup>th</sup> Edition). Englewood Cliffs, NJ: Prentice-Hall.

This popular introduction to behavior modification offers readers personal, "hands-on" experience with the principles of behavior modification and their application to everyday concerns; from helping children and adults learn life's necessary or coping skills, to solving some of their own personal behavior problems. It features extensive descriptions and "how-to" guidelines for the particulars of program design, implementation, and evaluation. Focuses on principles of behavior modification and detailed "how-to" strategies, but discusses theoretical issues and empirical support in separate Notes and Extended Discussions. Contains numerous summary guidelines for applying behavioral principles to solve a wide variety of problems in many settings with different populations. Includes numerous references to applications in a wide variety of professional areas.

Rothbaum, B. O. & Foa, E. B. (2000). Reclaiming your Life after Rape. New York: The Psychological Corporation.

*Reclaiming Your Life After Rape* is a powerful and encouraging workbook written specifically for women who have been sexually assaulted and, as a result, have developed chronic symptoms of Posttraumatic Stress Disorder (PTSD). The workbook helps clients identify whether they are experiencing a symptom of PTSD and offers powerful techniques for overcoming these symptoms, such as how to confront frightening situations, deal with traumatic memories, stop obsessive thinking, and correct any negative self-talk. The therapy techniques outlined in this program have

also been successful in helping women who have been sexually abused in childhood and adult female survivors of nonsexual assault, such as aggravated assault and robbery.

## **Dialectics**

Basseches, M. (1985). Dialectical Thinking and Adult Development. St. Louis, MO: Ablex Publishing Corp.

This book describes and illustrates the nature of dialectical thinking as a cognitive psychological phenomenon, and makes the case that this form of cognitive organization is a possible successor to the adolescent formal operations stage. It uses the idea of dialectical thinking to organize theory and research on adult forms of reasoning about specific kinds of issues into a rich and coherent conceptual framework for the study of adult development. This framework makes feasible an approach to the study of adult development firmly rooted in the genetic epistemological tradition as an alternative to the approaches which currently dominate the field.

Levins, R. & Lewontin, R. (1987). The Dialectical Biologist. Cambridge, MA: Harvard University Press.

This volume is a collection of some of the authors' many writings that illustrate the nature of the dialectical mode in biology and discuss the politics that are necessarily bound to it. The book successfully achieves the authors' goal of demonstrating by example the power and nature of the dialectical method. Its usefulness, however, extends well beyond this. The articles are intellectually challenging in content as well as method. And by collecting in one place articles on evolution, scientific analysis and the social dimensions of science--the book's three major divisions--the authors have provided a valuable tool for exploring the complexity and richness of biology.

## **Mindfulness**

Aitken, R. (1994). Encouraging Words : Zen Buddhist teachings for Western Students. New York: Pantheon Books

Aitken's title says it all. *Encouraging Words* will appeal to both beginning and advanced lay Zen students who seek to integrate their spiritual practice into everyday life. Curious readers will be rewarded, too. Here is a teacher both wise and practical in equal measure."--Honolulu Advertiser. Now in paperback.

Aitken, R. (1985). Taking the Path of Zen. New York: North Point Press.

There is a fine art to presenting complex ideas with simplicity and insight, in a manner that both guides and inspires. In *Taking the Path of Zen*, Robert Aitken presents the practice, lifestyle, rationale, and ideology of Zen Buddhism with remarkable clarity.

The foundation of Zen is the practice of zazen, or meditation, and Aitken Roshi insists that everything flows from the center. He discusses correct breathing, posture, routine, teacher-student relations, and koan study, as well as common problems and milestones encountered in the process. Throughout the book the author returns to zazen, offering further advice and more advanced techniques. The orientation extends to various religious attitudes and includes detailed discussions of the Three Treasures and the Ten Precepts of Zen Buddhism.

Taking the Path of Zen will serve as orientation and guide for anyone who is drawn to the ways of Zen, from the simply curious to the serious Zen student.

DeMello, A. (1984). The Song of the Bird. New York: Image Press.

Anthony de Mello shares 124 stories from a variety of traditions, both ancient and modern, using the age-old medium of parable to illustrate profound contemporary realities about our everyday concerns and our common spiritual quest.

**Marsha's Notes:** We have used this book in our mindfulness group for therapists, reading one story per week (in order), reflecting for 5 minutes and then sharing how the story is relevant to our therapy.

De Mello, A. & Stroud, J.F. (Eds.).(1990). Awareness. New York: Doubleday.

Using humor, compassion, and insight, the beloved and best-selling Anthony de Mello teaches us to welcome the challenge of knowing ourselves and living the "aware" life. Mixing Christian spirituality, Buddhist parables, Islamic sayings, Hindu breathing exercises, and psychological insight, spiritualist and Jesuit priest Anthony de Mello challenges readers to identify our most submerged, darkest feeling, accept them, not let them rule us, and allow this new awareness of ourselves to change us.

**Marsha's Notes:** All of our therapists were reading this at one point. Once you get into it you will see that it has a lot in common with pure cognitive therapy.

Kabat-Zinn, J. (1995). Wherever You Go, There You Are. New York: Hyperion Books.

The author of *Full Catastrophe Living* offers the most enlightening exploration yet of the principles of mindfulness--the ancient Buddhist method of stress reduction. Kabat-Zinn blends stories, anecdotes, poems, images, and scientific observations with easily followed instructions in the art of "capturing" the present and living fully within each moment in order to achieve inner peace.

Hahn, T. N. (1999). The Miracle of Mindfulness. Boston, MA: Beacon Press.

One of Thich Nhat Hanh's most popular books, *Miracle of Mindfulness* is about how to take hold of your consciousness and keep it alive to the present reality. World-renowned Zen master, Nhat Hanh weaves practical instruction with anecdotes and other stories to show how the meditative mind can be achieved at all times and how it can help us all "reveal and heal." Nhat Hanh is a master at helping us find a calm refuge within ourselves and teaching us how to reach out from there to the rest of the world.

Hayes, S.C., Follette, V.M., & Linehan, M.M. (Eds.) (2004). Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition. New York: The Guilford Press.

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches both inside and outside behavior therapy

Merton, T. & Hahn, T. N. (1971). Contemplative Prayer. New York: Image Books

This little gem of a book, with a foreword from the great Vietnamese Zen teacher Thich Nhat Hanh (who knew Merton in the 1960s) beautifully distills Merton's own reading and long experience with contemplation. Written close to the end of Merton's life, this book is not so much a "how to" guide as it is a kind of contemplation of contemplation. Immersed in the "negative theology" of St. John of the Cross and others--and influenced by his deep reading in Zen--Merton here stresses that in meditation "we should not look for a 'method' or 'system,' but cultivate an 'attitude,' an 'outlook': faith, openness, attention, reverence, expectation, supplication, trust, joy." God is found in the desert of surrender: this means giving up any expectation for a particular message and "waiting on the Word of God in silence," knowing that any answer will be "his silence itself suddenly, inexplicably revealing itself to him as a word of great power, full of the voice of God." --Doug Thorpe

Segal, Z., Williams, J.M., Teasdale, J.D. (2001) Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse. New York: Guilford Press.

This book presents an innovative eight-session program that has been clinically proven to bolster recovery from depression and prevent relapse. Developed by leading scientist-practitioners, and solidly grounded in current psychological research, the approach integrates cognitive therapy principles and practice into a mindfulness framework. Clinicians from any background will find vital tools to help clients maintain gains made by prior treatment and to expand the envelope of care to remission and beyond. Illustrative transcripts and a wealth of reproducible materials, including session summaries and participant forms, enhance the clinical utility of the volume. Clinicians are

also guided in establishing their own mindfulness practice, an essential prerequisite to teaching others.

## **Skills Training**

Egan, G. (2001). The Skilled Helper: A Problem-Management Approach to Helping, (6<sup>th</sup> Edition). Belmont: CA: Wadsworth Publishing Co.

This quintessential book for helpers is internationally recognized for its successful problem-management approach to effective helping. Emphasizing the collaborative nature of the therapist-client relationship and using a practical, three-stage model that drives client problem-managing and opportunity-developing action, Egan leads readers step by step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers master the various steps of the helping model, they are able to improve their competence and confidence measurably.

Egan, G. (2001). Exercises in Helping Skills: A Training Manual to Accompany the Skilled Helper, (6<sup>th</sup> Edition). Belmont: CA: Wadsworth Publishing Co.

Written by Gerard Egan, this manual parallels the main text, "The Skilled Helper, Sixth Edition," and allows students to practice communication skills and each of the steps of the model in private before using them in actual face-to-face helping interactions with others.

Kipper, D. (1986). Psychotherapy through Clinical Role-Playing. New York: Routledge Press.

## **Other Books of Interest**

Barlow, D. (2001). Anxiety and its Disorders. New York: Guilford Press.

Incorporating recent advances from cognitive science and neurobiology on the mechanisms of anxiety, and using emotion theory as his basic theoretical framework, Barlow ties theory and research of emerging clinical knowledge to create a new model of anxiety with profound implications for treatment.

Beck, J. S. (1995). Cognitive Therapy: Basics and Beyond. New York: Guilford Press.

Provides a solid foundation in the core principles and practice of cognitive therapy. Judith Beck, Ph.D., an established therapist and lecturer in her own right, is also the daughter of cognitive therapy founder Aaron T. Beck.

Bonger, B. (2002). The Suicidal Patient: Clinical and Legal Standards of Care. New York: Aspen Publishers, Inc.

Proposes a working model for assessment, management, and treatment of the suicidal patient, combining suggestions for optimal clinical practice with sophisticated risk management strategies. Appendices provide risk estimators and scales, a sample anti-suicide contract, risk factor checklists, and a summary of legal issues.

Ekman, P. & Davidson, R. (1997). The Nature of Emotion: Fundamental Questions. New York: Oxford University Press.

The editors of this unique volume have selected 24 leading emotion theorists and asked them to address 12 fundamental questions about the subject of emotion. Each chapter addresses a different one of these fundamental questions about emotion, with often divergent answers from several of leading researchers represented here: James Averill, Gordon Bower, Linda Camras, Lee Clark, Gerald Clore, Richard Davidson, Judy Dunn, Paul Ekman, Phoebe Ellsworth, Nico Frijda, Hill Goldsmith, Jeffrey Gray, Carroll Izard, Jerome Kagan, Richard Lazarus, Joseph Le Doux, Robert Levenson, Jaak Panksepp, Mary Rothbart, Klaus Shere, Richard Schweder, David Watson, and Robert Zajonc. At the end of each chapter, the editors-Ekman and Davidson—highlight the areas of agreement and disagreement about each of the 12 questions about emotion. In the final chapter, *Affective Science: A Research Agenda*, the editors describe the research they believe would help answer each of the questions. *The Nature of Emotion*, uniquely reveals the central issues in emotion research and theory in the words of many of the leading scientists working in the field today.

Forest, H. (1996). Wisdom Tales from Around the World. Little Rock, AR: August House Publishing.

Containing simple truths, common sense, and the promise that people can benefit from past generations' experience, this book is a collection of 50 metaphorical folktales and parables selected with a global perspective and retold by a professional storyteller.

Kohlenberg, R. J. & Tsai, M. (1991). Functional Analytic Psychotherapy: Creating Intense and Curative Therapeutic Relationships. New York: Plenum Press.

The authors provide a conceptual framework for therapists to create intense and meaningful therapeutic relationships with their clients to enhance the effectiveness of healing strategies. Illustrated with case studies, this book will be valuable for both psychotherapists and graduate level students.

Leventhal, A.M., Martell, C.R., & foreword by Linehan, M.M. (2005). The Myth of Depression as Disease. Portsmouth, NH: Greenwood Publishing Group.

Depression is commonly thought of as a biological disorder best treated with antidepressant medications. Pharmaceutical companies and many experts promote this view as established in scientific fact. Here, Leventhal and Martell argue that there is scant actual scientific evidence for this view, and that the issue is open to considerable question. They maintain that there is very little known--they call the evidence "woefully weak"--regarding the role of biology in depression. Marketing by drug producers has not only led the public to accept dubious claims and over-value antidepressants, but has also led medical doctors to prescribe them excessively. Leventhal and Martell argue that the effectiveness of psychological therapy has strong scientific support in the treatment of anxiety and depression, and it is safer and results in less frequent relapse. This book will help consumers decide which treatment is best for them. It includes a list of questions to ask before accepting a prescription for antidepressant medication.

Lewis, M. (2002). Life Inside. New York: Atria Books.

In 1967, Mindy Lewis was a rebellious fifteen-year-old, afflicted by acute shyness, nascent creative yearnings, and a growing distrust of authority. When Mindy started cutting school and taking drugs, her mother turned to the psychiatric profession for help. Remanded by the court to state custody, Mindy was sent to a renowned state psychiatric hospital, where she would remain until she turned eighteen. A richly textured exploration of life on a psychiatric ward, Lewis's memoir probes our culture's perceptions of the lines that separate craziness and creativity, power and powerlessness, self-destruction and healthy self-expression, clinical diagnosis and genuine, lasting healing. The author writes vividly of the community of adolescent and young adult patients (many hospitalized for questionable reasons), the politics and routines of institutional life, the extensive use of medication, and the frightening prevalence of life-altering misdiagnoses. A chilling implication of Mindy's story is that, with a slight shift of circumstances, it might have happened to anyone.

*Life Inside* also charts the author's three decades of post-hospital life, describing the challenge of entering adulthood bearing the stigma of having been labeled mentally ill. Ironically, the same traits that contributed to Lewis's incarceration in the first place -- rebelliousness, the need to create, and love for the life of the mind -- were the very things that steered her onto a path of healthy independence. In rejecting the diagnosis and prescriptions imposed upon her by the psychiatric establishment, the author navigates a course toward reclaiming the other life inside -- the inner life. Inviting us to take a close look at contemporary views of mental health through the lens of her own powerful and intimately rendered story, Lewis has written an important memoir, as tough and candid as it is inspiring and compassionate.

Schwartz, J.M. (1997). Brainlock: Free Yourself from Obsessive-Compulsive Behavior. New York: Harper Collins.

This accessible book, written by a psychiatrist experienced in treatment and research on OCD, presents a fairly simple but effective approach to dealing with troubling symptoms of Obsessive Compulsive Disorder. He demystifies the nature and symptoms of the disorder and explains the interaction of the biological and behavioral elements of OCD. His program focuses on empowering the individual with OCD so that he or she can take an active role in decreasing or eliminating

obsessions and compulsions. When a person with OCD is engaged in cognitive-behavioral therapy, treatment is more successful if the individual feels empowered and does “homework” outside of the therapy session. This book serves to reinforce that process.

Silk, K. R. (1998). Biology of Personality Disorders. Washington, D.C.: American Psychiatric Press, Inc.

This edited collection provides an overview of the work that has been done to explore the biology of the dimensions that make up personality and in turn personality disorders. Fifteen contributors discuss topics such as the role of neurotransmitters, new research strategies, biopsychosocial models, psychopharmacological management, and eroding biases in regard to mental illness.

Williams, J.M. (1995). The Psychological Treatment of Depression (2nd edition). New York: Routledge Press.

*The Psychological Treatment of Depression* describes the range of cognitive behavioral techniques in great detail, enabling practitioners new to CBT to feel confident using them. Those already using CBT will want to take advantage of the recent developments J. Mark Williams discusses here and update their skills. In this second edition, Williams discusses recent advances and theories, and provides details of new techniques to use in an in-patient setting. He has also added an introductory chapter for readers who may be less familiar with issues relating to depression.

## **Books Detailing Empirically Supported Treatments**

Several of these publications may be obtained by calling the Oxford University Press at 1-800-451-7556 or going to their web site at [www.oup.com/us/catalog/general/series/TreatmentsThatWork/?view=usa](http://www.oup.com/us/catalog/general/series/TreatmentsThatWork/?view=usa).

### **Panic and Agoraphobia/ OCD/Trauma/ Exposure Techniques**

Barlow, D. H. & Craske, M. G. (2000). Mastery of Your Anxiety and Panic (3<sup>rd</sup> edition). Boulder, CO: Graywind Publications Inc.

A systematic cognitive-behavioral program that increases awareness of circumstances that trigger panic symptoms through behavioral self-monitoring. Clients practice specific intervention skills such as learning to slow down physiological reactivity through breathing retraining and muscle relaxation training, decatastrophizing through actual prediction testing, and lessening fearfulness through exposure to feared sensations in safe settings.

Craske, M. G., Barlow, D. H. & Meadows, E. (2000). Mastery of Your Anxiety and Panic (MAP-3): Therapist Guide for Anxiety, Panic, and Agoraphobia. Boulder, CO: Graywind Pub.Inc.

The Client Workbook for Agoraphobia helps you guide your client through coping with panic associated with agoraphobia avoidance. After completing the MAP-II Panic Control Treatment (PCT) program, 87% of patients remained panic-free at post-treatment.

Craske, M. G., Antony, M. M., Barlow, D. H. (1997). Mastery of Your Anxiety and Panic (MAP-3): Client Workbook for Agoraphobia. Boulder, CO: Graywind Publications Inc.

This cognitive-behavioral program for the treatment of obsessive-compulsive disorder (OCD) has as its foundation the use of ritual prevention, and prolonged actual and imagined exposure exercises. Therapists will learn the best methods for assessing OCD and formulating a treatment program tailored to their client’s particular OCD symptoms.

Foa, E., Hearst, D. E., & Dancu, C. (1992). Cognitive Therapy and Prolonged Exposure (CT/PE) manual. Unpublished manual. Medical College of Pennsylvania, Philadelphia, PA.

Kozak, M. J. & Foa, E. (1997). Mastery of Obsessive-Compulsive Disorder and Client Workbook. Boulder, CO: Graywind Publications Inc.

This cognitive-behavioral program for the treatment of obsessive-compulsive disorder (OCD) has as its foundation the use of ritual prevention, and prolonged actual and imagined exposure exercises. Therapists will learn the best methods for assessing OCD and formulating a treatment program tailored to their client's particular OCD symptoms.

Rachman, S. & Hodgson, R. J. (1980). Obsessions and Compulsions. Englewood Cliffs, NJ: Prentice Hall.

Resick, P. A. & Schnicke, M. K. (1993). Cognitive Processing Therapy for Rape Victims: A Treatment Manual. Thousand Oaks, CA: Sage Publications.

Cognitive Processing Therapy for Rape Victims provides a thorough description of the problem of rape; a complete, session-by-session presentation of cognitive processing therapy that includes case descriptions, homework assignments, and worksheets; and consideration of special problems therapists are likely to encounter with both clients and themselves. An excellent resource for those wishing to gain deeper insight into the effects of this violent crime on its victims.

Riggs, D. S. & Foa, E. B. (1993). Obsessive Compulsive Disorder. In Barlow, D. H. (Ed.) (2001). Clinical Handbook of Psychological Disorders (3<sup>rd</sup> edition). New York: Guilford Press. In *Clinical Handbook of Psychological Disorders*, researchers and practitioners describe in detail the actual treatment protocols in which experienced clinicians implement the technology of behavior change in the context of the 14 most frequently encountered psychological disorders. They reflect the trend over the past decade and continuing, to tailor treatments to specific disorders rather than looking for general approaches that can be applied widely.

Steketee, G. S., Pigott, T.A., & Schemmel T. (Eds.) (2002). Obsessive Compulsive Disorder: The Latest Assessment and Treatment Strategies. Kansas City, MO: Compact Clinicals.

The first half of the volume defines obsessive compulsive disorder and covers multiple manifestations, behavioral and cognitive approaches, biological models, and pharmacological therapies. The second half is a guide to treatment that walks clinicians through all the clinical processes from information gathering and assessment and treatment planning to the maintenance of therapeutic gains.

Wincze, J. P. & Barlow, D. H. (1999). Enhancing Sexuality Therapist Guide: A Problem-Solving Approach and Client Workbook. St. Louis, MO: Academic Press.

Using a cognitive-behavioral approach, this program addresses sexuality as a part of human functioning that can be associated with joy and good interpersonal relationships and with stress and problematic interpersonal relationships. It allows the client to take the lead in placing his or her own functioning and satisfaction within this continuum.

## **Depression**

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1987). Cognitive Therapy of Depression. New York: Guilford Press.

This best-selling classic work shows how psychotherapists can effectively treat depressive disorders. Case examples illustrate a wide range of strategies and techniques.

Klerman, G. L., Weissman, M. M., Chevron, E. S. (1994). Interpersonal Psychotherapy of Depression. New York: Jason Aronson.

"This book clearly sets forth the theoretical assumptions and operating principles of interpersonal psychotherapy for depression. It provides excellent illustrative case material with

important collateral information, such as reviews of outcome studies and of current pharmacological treatments. A history of the interpersonal approach, and discussion of the relationships between this approach and those of 'competing' schools, add to the book's general value." - Aaron T. Beck, M.D. Professor of Psychiatry University of Pennsylvania

Weissman, M. M. (2000). Mastering Depression Through Interpersonal Psychotherapy: Patient Workbook. San Antonio, TX: Psychological Corp.

Interpersonal Psychotherapy (IPT) is a brief treatment approach that has demonstrated effectiveness for treatment of major depressive disorders in adults. IPT takes the position that although there are many causes for depression, understanding the current social and interpersonal circumstances of the client associated with the onset of a recent episode of depression will expedite the understanding of current symptoms and help the client move toward developing new ways of coping. This program clearly defines the focus of treatment as "here and now" instead of long-term issues, such as defenses and childhood circumstances.

Williams, J. M. (1995). The Psychological Treatment of Depression (2nd edition). New York: Routledge Press.

Research studies throughout the world have found that Cognitive Behaviour Therapy (CBT) is as effective in the short term as anti-depressant drugs and has longer-lasting effects than medication. The Psychological Treatment of Depression describes the wide range of cognitive behavioral techniques in great detail, enabling practitioners new to CBT to feel confident using them. Those already using CBT will want to take advantage of the recent developments J. Mark Williams discusses here and update their skills. In this second edition, Williams discusses recent advances and theories, and provides details of new techniques to use in an in-patient setting. He has also added an introductory chapter for readers who may be less familiar with issues relating to depression.

## **Eating Disorders**

Agras, W. S. & Apple, R. F. (1999). Overcoming Eating Disorders Client Workbook: A Cognitive-Behavioral Treatment for Bulimia Nervosa. St. Louis, MO: Academic Press.

Patients are guided to objectively observe their own eating patterns, including contexts in which problematic eating takes place. Through careful education, patients are guided toward normalizing their eating patterns as a way of breaking the deprivation/binge cycle. Alternative pleasurable activities to problematic eating are explored. Beliefs and expectations about weight and body image are explored and gently challenged through discussion within a sociocultural context.

## **Drug or Alcohol Addiction**

Marlatt, G. A. & Gordon, J. R. (1995). Relapse Prevention. New York: Guilford Press.

Relapse Prevention provides the first comprehensive presentation of this alternative and still-evolving approach to the treatment of addictive behaviors. The book proves researchers, clinicians, and students with the most comprehensive statement to date of the theory, methods, and scientific evidence in support of this innovative approach to the maintenance of habit change. Clearly written and augmented by numerous clinical vignettes, Relapse Prevention will be of interest to all who treat individuals struggling to overcome a destructive addiction.