

CBT References

- 1) Cognitive Therapy: Basics & Beyond. By Judith Beck
- 2) Contemporary Behavior Therapy. By, Michael Spiegler & David Guevremont
- 3) Clinical Behavior Therapy. By, Marvin Goldfried & Gerald Davison
- 4) Clinical Behavior Therapy—Adults and Children. By, Michel Hersen
- 5) Handbook of Cognitive - Behavioral Therapies. By, Keith Dobson
- 6) Clinical Handbook of Psychological Disorders. By, David Barlow
- 7) Essential Components of Cognitive-Behavior Therapy for Depression. By Jacqueline Persons, Joan Davidson, & Michael Tompkins
- 8) The Feeling Good Handbook. By, David Burns
- 9) The Anxiety & Phobia Workbook. By, Edmund Bourne
- 10) The Mindfulness & Acceptance Workbook for Anxiety. By, John Forsyth & Georg Eifert
- 11) Get Out of Your Mind & Into Your Life: the New Acceptance & Commitment Therapy By, Steven Hayes
- 12) Roadblocks in Cognitive-Behavioral Therapy-- Transforming challenges into opportunities for change. By, Robert L. Leahy
- 13) Essential Psychotherapies: Theory and Practice. By, Alan S. Gurman & Stanley Messer