COURSE RECOMMENDED READING LIST
For Professionals

Adapting Cognitive Therapy for Depression: Managing Complexity and Comorbidity
Mark A. Whisman
Guilford Press

The Case Formulation Approach to Cognitive-Behavior Therapy
Jacqueline B. Persons
Guilford Press

Clinical Applications of Cognitive Therapy
James Pretzer, Barbara Fleming, Karen Simon
Springer

Christine A. Padesky, Dennis Greenberger
Guilford Press

Cognitive approaches to panic disorder: Theory and therapy
Aaron T. Beck, in S. Rachman, Jack D. Maser (Eds.) Panic: Psychological perspectives
Routledge

Cognitive Behavior Therapy: Basics and Beyond, Third Edition
Judith S. Beck
Guilford Press

Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice, Second Edition
Michel J. Dugas, Melisa Robichaud
Routledge

Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide
Keith Hawton, Paul M. Salkovskis, Joan Kirk, and David M. Clark
Oxford University Press

Cognitive–Behavioral Therapy for Refractory Cases: Turning Failure Into Success
Dean McKay, Jonathan S. Abramowitz, Steven Taylor
American Psychological Association

Cognitive-Behavioral Treatment of Borderline Personality Disorders the latest edition
Marsha M. Linehan
Guilford Press
Patricia A. Resick, Candice M. Monson, Kathleen M. Chard
Guilford Press

Cognitive Psychotherapy of Psychotic and Personality Disorders: Handbook of Theory and Practice
Carlo Perris, Patrick D. McGorry
John Wiley and Sons

Cognitive Therapy for Challenging Problems: What to Do When the Basics Don’t Work
Judith S. Beck
Guilford Press

Cognitive Therapy for Chronic and Persistent Depression
Richard G. Moore, Anne Garland
Wiley

Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide
Adrian Wells
Wiley

Cognitive Therapy of Anxiety Disorders: Science and Practice
David A. Clark and Aaron T. Beck
Guilford Press

Cognitive Therapy of Borderline Personality Disorder
Mary Anne Layden, Cory F. Newman, Arthur Freeman, Susan Byers Morse
Allyn & Bacon

Cognitive Therapy of Personality Disorders
Aaron T. Beck, Denise D. Davis, Arthur Freeman
Guilford Press

Robert L. Leahy
Guilford Press

DBT® Skills Training Handouts and Worksheets, Second Edition
Marsha M. Linehan
Guilford Press

DBT® Skills Training Manual, Second Edition
Marsha M. Linehan
Guilford Press

Emotion Regulation in Psychotherapy: A Practitioner’s Guide
Robert L. Leahy, Dennis Tirch, and Lisa A. Napolitano
Guilford Press
Jeffrey R. Bedell, Shelley S. Lennox
Wiley

Debra A. Hope, Richard G. Heimberg, and Cynthia L. Turk
Oxford University Press

Metacognitive Therapy for Anxiety and Depression
Adrian Wells
Guilford Press

Overcoming Depression: A Cognitive-Behavioral Protocol for the Treatment of Depression
Gary Emery, Matthew McKay PhD
New Harbinger Publications

Phobic Disorders and Panic in Adults: A Guide to Assessment and Treatment
Martin M. Antony, PhD, and Richard P. Swinson, MD
American Psychological Association

Problem-Solving Therapy for Depression: Theory, Research, and Clinical Guidelines
Jeffrey R. Bedell, Shelley S. Lennox
John Wiley and Sons

Schema Therapy
Jeffery Young, Janet S. Klosko, Marjorie E. Weishaar
Guilford Press

Treatment Plans and Interventions for Depression and Anxiety Disorders, Second Edition
Robert L. Leahy, Stephen J. F. Holland, and Lata K. McGinn
Guilford Press