**CBT REFERENCES**

Abelson, J. L., Liberzon, I., Young, E. A., & Khan, S. (2005). Cognitive modulation of endocrine stress response to a pharmacological challenge in normal and panic disorder subjects. *Archive of General Psychiatry*, 62(6), 668–675.

Ameli, R. (2014). *25 lessons in mindfulness: Now time for healthy living* (1st ed.). Washington, DC: American Psychological Association.

Antony, M. (2009). *When perfect isn’t good enough: Strategies for coping with perfectionism*. New Harbinger Publications.

Antony, M., & Norton, P. J. (2008). *The anti-anxiety workbook: Proven strategies to overcome worry, phobias, panic, and obsessions*.

Guilford Press.

Beattie, M. (1986). *Codependent no more: How to stop controlling others and start caring for yourself*. Hazelden Foundation. Beck, A. T. (1967). *The diagnosis and management of depression*. Philadelphia, PA: University of Pennsylvania Press. Beck, A. T. (2000). *Prisoners of hate: The cognitive basics of anger, hostility, and violence*. HarperCollins.

Beck, A. T. (2015). *Cognitive therapy of personality disorders* (3rd ed.). Guilford Press.

Beck, A. T., & Clark, D. (2011). *The anxiety and worry workbook: The cognitive behavioral solution*. Guilford Press.

Beck, A. T., Rector, N. A., Stolar, N., & Grant, P. (2011). *Schizophrenia: Cognitive theory, research, and therapy*. Guilford Press. Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1987). *Cognitive therapy of depression* (1st ed.). Guilford Press.

Beck, J. S. (2005). *Cognitive therapy for challenging problems* (1st ed.). Guilford Press. Beck, J. S. (2011). *Cognitive therapy: Basics and beyond* (2nd ed.). Guilford Press.

Burns, D. D. (1999). *The feeling good handbook*. Plume.

Cloud, H., & Townsend, J. (1992). *Boundaries: When to say yes, how to say no to take control of your life*. Zondervan.

Connors, G. J., DiClemente, C. C., Velasquez, M. M., & Donovan, D. M. (2004). *Substance abuse treatment and the stages of change: Selecting and planning interventions* (2nd ed.). Guilford Press.

DeRubeis, R. J., Siegle, G. J., & Hollon, S. D. (2008). Cognitive therapy versus medication for depression: Treatment outcomes and neural mechanisms. *Nature Reviews Neuroscience*, 9(10), 788–796.

De Shazer, S. (1985). *Keys to Solution in Brief Therapy*. Norton.

Edwards, D. J. A. (2014). Schemas in clinical practice: What they are and how we can change them. *Independent Practitioner*, 34(1), 10–13.

Edwards, D. J. A. (2015). Self-pity/victim mode: A surrender schema mode. *Schema Therapy Bulletin*, 1(1), 3–6. Ellis, A., & Harper, R. A. (1975). *A new guide to rational living*. Wilshire Book Co.

Ellis, T. (Ed.). (2006). *Cognition and suicide: Theory, research, and therapy*. American Psychological Association. Gilbert, P., & Leahy, R. L. (2017). *The therapeutic relationship in cognitive behavioral psychotherapies* (1st ed.). Routledge. Greitens, E. (2016). *Resilience: Hard-won wisdom for living a better life*. Mariner Books.

Hackman, A., Bennett-Levy, J., & Holmes, E. A. (2011). *Oxford guide to imagery in cognitive therapy*. Oxford University Press.

Hayes, S., & Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. New Harbinger Publications.

Kahl, K. G., Winter, L., & Schweiger, U. (2012). The third wave of cognitive behavioural therapies: What is new and what is effective? *Current Opinion in Psychiatry*, 25(6), 522–528.

Kuyken, W., Padesky, C. A., & Dudley, R. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive- behavioral therapy*. Guilford Press.

Leahy, R. (2003a). *Cognitive therapy techniques: A practitioner’s guide* (1st ed.). Guilford Press. Leahy, R. (2003b). *Overcoming resistance in cognitive therapy* (1st ed.). Harmony Books.

Leahy, R. (2006). *The worry cure: Seven steps to stop worry from stopping you*. Harmony Books. Leahy, R. (2019). *Emotional schema therapy*. Routledge.

Leahy, R., & Gilbert, P. (2018). *The jealousy cure: Learn to trust, overcome possessiveness, and save your relationship*. Guilford Press. Lester, G. (1995). *Power with People: How to handle just about anyone and accomplish just about anything*. Ashcroft Press.

Linehan, M. (1993). *Cognitive behavioral treatment of borderline personality disorder*. Guilford Press.

Linehan, M., Goodstein, J. L., Nielsen, S. L., & Chiles, J. A. (1983). Reasons for staying alive when you are thinking of killing yourself: The reasons for living inventory. *Journal of Consulting and Clinical Psychology*, 51, 276–286.

Ludgate, J. (2009). *Cognitive behavioral therapy and relapse prevention for depression and anxiety.* Professional Resource Press.

Makinson, R. A., & Young, J. S. (2012). Cognitive behavioral therapy and the treatment of posttraumatic stress disorder: Where counseling and neuroscience meet. *Journal of Counseling & Development*, 90(2), 131–140.

Maxwell, J. C. (2007). *Failing forward: Turning mistakes into stepping stones for success*. Thomas Nelson Publishers.

Miller, W. R., & Rollnick, S. (1992). *Motivational interviewing: Preparing people to change addictive behavior*. Guilford Press. Miller, W. R., & Rollnick, S. (2012). *Motivational interviewing: Helping people change* (3rd ed.). Guilford Press.

Moody, T. D., Morfini, F., Cheng, G., Sheen, C., Tadayonnejad, R., Reggente, N., O’Neill, J., & Feusner, J. D. (2017). Mechanisms of cognitive-behavioral therapy for obsessive-compulsive disorder involve robust and extensive increases in brain network connectivity. *Translational Psychiatry 7*, Article e1230.

Navoco, R. (2007). Anger dysregulation. In T. A. Cavell & K. T. Malcolm (Eds.), *Anger, aggression, and interventions for interpersonal violence* (pp. 3–54). Routledge.

Neenan, M., & Dryden, W. (2013). *Life coaching: A cognitive behavioural approach*. Routledge.

Neehan, M., & Palmer, S. (2012). *Cognitive behavioural coaching in practice: An evidence-based approach*. Routledge.

Padesky, C. A., & Mooney, K. A. (2012). Strengths-based cognitive-behavioural therapy: A four-step model to build resilience. *Clinical Psychology & Psychotherapy*, 19(4), 283–290.

Perlis, M. L., Jungquist, C., Smith, M. T., & Posner, D. (2008). *Cognitive-behavioral treatment of insomnia: A session-by-session guide*. Springer.

Porto, P. R., Oliveira, L., Mari, J., Volchan, E., Figueira, I., & Ventura, P. (2009). Does cognitive behavioral therapy change the brain? A systematic review of neuroimaging in anxiety disorders. *The Journal of Neuropsychiatry and Clinical Neurosciences*, 21(2), 114–125.

Prochaska, J. O., Norcross, J. C., & DiClemente, C. C. (2010). *Changing for good: A revolutionary six-stage program for overcoming bad habits and moving your life positively forward*. HarperCollins.

Ramy, H. (2020). The biology of cognitive behavior therapy. *European Psychiatry*, 41(S1), s637. Reis de Oliveiria, I. (2015). *Trial-based cognitive therapy: A manual for clinicians*. Routledge.

Riggenbach, J. (2013). *The CBT toolbox: A workbook for clients and clinicians* (1st ed.). PESI Publishing.

Rohn, R. (2005). *Positive personality profiles: D-I-S-C-over personality insights to understand yourself and others!* Personality Insights.

Scrimali, T. (2012). *Neuroscience-based cognitive therapy: New methods for assessment, treatment, and self-regulation* (1st ed.).

Wiley-Blackwell.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2018). *Mindfulness-based cognitive therapy for depression* (2nd ed.). Guilford Press.

Seligman, M. E. P. (2006). *Learned optimism: How to change your mind and your life*. Vintage Books.

Sokol, L., & Fox, M. (2009). *Think confident, be confident: A four-step program to eliminate doubt and achieve lifelong self-esteem*.

TarcherPerigee.

Thoma, N. C., & McKay, D. (2015). *Working with emotion in cognitive-behavioral therapy: Techniques for clinical practice* (1st ed.).

Guilford Press.

Velasquez, et.al (2001). *Group Treatment of Substance Abuse: A Stages of Change Model*. Guilford Press. Warren, R. (2012). *The purpose-driven life: What on earth am I here for?* Zondervan.

Weisinger, D. (1985). *Dr. Weisinger’s anger work-out book: Step-by-step methods for greater productivity, better relationships, healthier life*. William Morrow and Company.

Wells, A. (2011). *Metacognitive therapy for anxiety and depression*. New York: Guilford Press. Wells, A., & Matthews, G. (1994). *Attention and emotion: A clinical perspective*. Psychology Press.

Whitmore, S. J. (2017). *Coaching for performance: The principles and practice of coaching and leadership*. Nicholas Brealey Publishing.

Young, J. E., Klosko, J. S., & Weishaar, M. E. (2003). *Schema therapy: A practitioner’s guide* (1st ed.). Guilford Press.

Young, J. E., & Klosko, J. S. (1994). *Reinventing your life: The breathtaking program to end negative behavior and feel great again*.

Plume.