CBT REFERENCES

Abelson, J. L., Liberzon, I., Young, E. A., & Khan, S. (2005). Cognitive modulation of endocrine stress response to apharmacological 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: Treatmentoutcomes 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 andwhat 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 stressdisorder: 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. Guil-

ford 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 relation-ships, 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.