

PY2ITC: Introduction to CBT

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69 items

Week 1: Evidence-Based Treatment (19 items)

Core text (2 items)

An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Joan Kirk; Helen Kennerley; Oxford Cognitive Therapy Centre, 2017

[Book](#) | **Essential**

An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Joan Kirk; Helen Kennerley; Oxford Cognitive Therapy Centre, 2017

[Book](#) | **Essential** | There are 2 editions of this book (2007; 2011). You only need to refer to one and either are fine.

Essential preparatory material for Week 1 (4 items)

Please read the three articles cited below in advance of the first session. Reading the articles in the order they are presented is likely to be helpful. If you have difficulty accessing any of these articles please contact me at the earliest opportunity.

Empirically Supported Psychological Therapies - in Journal of Consulting and Clinical Psychology, by P C Kendall, 1998

[Article](#) | **Essential**

Defining Empirically Supported Therapies - in Journal of Consulting and Clinical Psychology, by D L Chambless; S D Hollon, 1998

[Article](#) | **Essential**

Implementing NICE guidelines for the psychological treatment of depression and anxiety disorders: The IAPT experience - in International Review of Psychiatry, by D. M. Clark, 2011

[Article](#) | **Essential**

When reviewing the three articles cited above, please keep in mind the following questions: What are evidence-based psychological treatments and how have they been defined? What is meant by the terms efficacy, effectiveness, and efficiency in the context of discussions about evidence-based psychological treatments? What are the potential advantages of evidence-based psychological treatments versus non-evidence-based treatments?

Additional preparatory task for Week 1 (1 items)

Please access the [National Institute for Health and Care Excellence \(NICE\)](#) website.

Concentrate on one DSM-IV/V Axis I disorder (e.g., depression, social anxiety disorder) to familiarise yourself with the layout of the site (e.g., pathways, guidance, and quality and standards indicators etc.)

Suggested further reading (after the lecture) (12 items)

The following references may provide useful information to supplement the material that will be covered in the lecture. While it is not a requirement to follow all of these references up, it is strongly recommended that you do not base your learning solely on the material covered in the lecture.

If you have difficulty accessing any of the material please contact me.

Evidence-based practice in psychology. - in American Psychologist, 2006

[Article](#)

Empirically Supported Psychological Interventions: Controversies and Evidence - in Annual Review of Psychology, by Dianne L. Chambless; Thomas H. Ollendick, 2001

[Article](#) | [Further](#)

Update on empirically validated therapies II - in The Clinical Psychologist, by D L Chambless, 1998

[Article](#) | [Further](#)

Science and practice of cognitive behaviour therapy, by David M. Clark; Christopher G. Fairburn; Michael G. Gelder, 1997

[Book](#) | [Chapter 1: The Evolution of Cognitive Behaviour Therapy](#)

No Health Without Mental Health: a cross-government outcomes strategy, 2011

[Document](#) | [Further](#)

Factors Involved in Clinician Adoption and Nonadoption of Evidence-Based Interventions in Mental Health - in Clinical Psychology: Science and Practice, by Kaitlin P. Gallo; David H. Barlow, 2012-03

[Article](#)

The evidence-based practice of psychotherapy: Facing the challenges that lie ahead - in Clinical Psychology Review, by Brandon A. Gaudiano; Ivan W. Miller, 2013-11

[Article](#)

The Depression Report, by R Layard, 2006

[Document](#) | [Further](#)

Why many clinical psychologists are resistant to evidence-based practice: Root causes and constructive remedies - in Clinical Psychology Review, by Scott O. Lilienfeld; Lorie A. Ritschel; Steven Jay Lynn; Robin L. Cautin; Robert D. Latzman, 2013-11

[Article](#)

What works for whom?: a critical review of psychotherapy research, by Anthony Roth; Peter Fonagy, 2005

[Book](#) | [Further](#) | Also available online as an e-book - see reference below

What works for whom?: a critical review of psychotherapy research, by Anthony Roth;

Peter Fonagy, 2005

[Book](#) | [Further](#)

Evidence-based practice in clinical psychology: What it is, why it matters; what you need to know - in Journal of Clinical Psychology, by Bonnie Spring, 2007-07

[Article](#)

Week 2: Overview of Cognitive Behaviour Therapy (11 items)

Core text (1 items)

An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Joan Kirk; Helen Kennerley; Oxford Cognitive Therapy Centre, 2017

[Book](#) | [Essential](#)

Essential preparatory reading for Week 2 (2 items)

Please read this in advance of the second session. If you have difficulty accessing this please contact me at the earliest opportunity.

The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders, by A D Roth; S Pilling, 2007

[Document](#) | [Essential](#)

A biosocial developmental model of borderline personality: Elaborating and extending linehan's theory. - in Psychological Bulletin, by Sheila E. Crowell; Theodore P. Beauchaine; Marsha M. Linehan, 2009

[Article](#) | Please read this paper in preparation for the session.

Suggested further reading (after the lecture) (8 items)

The following references may provide useful information to supplement the material that will be covered in the lecture. While it is not a requirement to follow all of these references up, it is strongly recommended that you do not base your learning solely on the material covered in the lecture. If you have difficulty accessing any of the material please contact me.

A review of therapist characteristics and techniques positively impacting the therapeutic alliance - in Clinical Psychology Review, by Steven J. Ackerman; Mark J. Hilsenroth, 2003

[Article](#) | [Further](#)

A Review of therapist characteristics and techniques negatively impacting the therapeutic alliance - in Psychotherapy: Theory, Research, Practice, Training, by S J Ackerman; M J Hilsenroth, 2001

[Article](#) | [Further](#)

Relation Between Working Alliance and Outcome in Psychotherapy: A Meta-Analysis - in Journal of Counseling Psychology, by A O Horvath; B D Symonds, 1991

[Article](#) | [Further](#)

Relation of the Therapeutic Alliance With Outcome and Other Variables: A Meta-Analytic Review - in Journal of Consulting and Clinical Psychology, by D J Martin; J P Gerske; M K Davis, 2000

[Article](#) | [Further](#)

The necessary and sufficient conditions of therapeutic personality change - in Journal of Consulting Psychology, by C R Rogers, 1957

[Article](#) | [Further](#)

A systematic review of methods for assessing competence in cognitive-behavioural therapy - in Clinical Psychology Review, by Kate Muse; Freda McManus, 2013-04

[Article](#)

The PHQ-9: Validity of a Brief Depression Severity Measure - in Journal of General Internal Medicine, by Kurt Kroenke, 2001

[Article](#)

Components of Emotion Dysregulation in Borderline Personality Disorder: A Review - in Current Psychiatry Reports, by Ryan W. Carpenter; Timothy J. Trull, 2013-1

[Article](#)

Week 3: Assessment for CBT (6 items)

Essential reading for Week 3 (1 items)

Please read Chapter 5 'Measurement in CBT' in advance of the third session - if you have difficulty accessing this please contact me at the earliest opportunity.

Please consider the following questions:

1. What rationale could a therapist give their client about why they should use measurement in therapy?
 2. What can a therapist do to increase the likelihood of a client completing routine measures?
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An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Joan Kirk; Helen Kennerley; Oxford Cognitive Therapy Centre, 2017

[Book](#) | [Essential](#) | Please read Chapter 5: Measurement in CBT

Suggested further reading (after the lecture) (5 items)

Cognitive Behaviour Therapy Treatment Failures in Practice: The Neglected Role of Diagnostic Inaccuracy - in Behavioural and Cognitive Psychotherapy, by Michael J. Scott; Sundeep Sembi, 2006-10

[Article](#) | [Essential](#)

Validation and Standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the General Population - in Medical Care, by Bernd Löwe, Oliver Decker, Stefanie Müller, Elmar Brähler, Dieter Schellberg, Wolfgang Herzog and Philipp Yorck Herzberg, 2008

[Article](#)

Cultural-based biases of the GAD-7 - in Journal of Anxiety Disorders, by Holly A. Parkerson; Michel A. Thibodeau; Charles P. Brandt; Michael J. Zvolensky; Gordon J.G. Asmundson, 2015-04

[Article](#)

The PHQ-9: Validity of a Brief Depression Severity Measure - in Journal of General Internal Medicine, by Kurt Kroenke, 2001

[Article](#)

THE REVISED COGNITIVE THERAPY SCALE (CTS-R): PSYCHOMETRIC PROPERTIES - in Behavioural and Cognitive Psychotherapy, 2001/10

[Article](#)

Week 4: Formulation (6 items)

Essential preparatory reading for Week 4 (3 items)

Please read the two articles cited below in advance of Week 4.

If you have difficulty accessing any of these articles please contact me at the earliest opportunity.

An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Joan Kirk; Helen Kennerley; Oxford Cognitive Therapy Centre, 2017

[Book](#) | Please read Chapter 4: Assessment and formulation

Socratic Questioning: Changing Minds or Guiding Discovery? (Keynote address) - in European Congress of Behavioural and Cognitive Therapies, London, September 24, 1993, by C A Padesky, 1993

[Document](#) | **Essential**

When conducting the background reading, please keep in mind the following questions: What is the purpose of formulation? What are the key elements of a formulation? What makes a good Socratic question?

Suggested further reading (after the lecture) (3 items)

Good Practice Guidelines on the use of psychological formulation, by British Psychological Society, 2011

[Book](#) | **Further** | There will be 5 copies of this in the library but unfortunately it is not available online.

The reliability and quality of cognitive case formulation - in Behaviour Research and Therapy, by W KUYKEN; C FOTHERGILL; M MUSA; P CHADWICK, 2005-09

[Article](#)

Assessing Competence in Collaborative Case Conceptualization: Development and Preliminary Psychometric Properties of the Collaborative Case Conceptualization Rating Scale (CCC-RS) - in Behavioural and Cognitive Psychotherapy, by Willem Kuyken; Shadi

Beshai; Robert Dudley; Anna Abel; Nora Görg; Philip Gower; Freda McManus; Christine A. Padesky, 2015-1-28

Article

Week 5: Setting up Treatment - Goals, Agendas and Homework (8 items)

Essential reading (2 items)

Please read this chapter and article in advance of the session. If you have difficulty accessing this please contact me at the earliest opportunity

Promoting Homework Adherence in Cognitive-Behavioral Therapy for Adolescent Depression - in Journal of Clinical Child & Adolescent Psychology, by Nathaniel J. Jungbluth; Stephen R. Shirk, 2013-07

Article | Essential

Prediction of Cognitive Behavior Treatment Outcome for Children with Anxiety Disorders: Therapeutic Relationship and Homework Compliance - in Behavioural and Cognitive Psychotherapy, 2007/07

Article | Please read this article before the session as we will discuss it in the session

Suggested reading (after the lecture) (6 items)

The following references may provide useful information to supplement the material that will be covered in the lecture. While it is not a requirement to follow all of these references up, it is strongly recommended that you do not base your learning solely on the material covered in the lecture. If you have difficulty accessing any of the material please contact me.

PROBLEMS WITH HOMEWORK IN CBT: RARE EXCEPTION OR RATHER FREQUENT? - in Behavioural and Cognitive Psychotherapy, by Sylvia Helbig; Lydia Fehm, 2004-7

Article

Meta-Analysis of Homework Effects in Cognitive and Behavioral Therapy: A Replication and Extension - in Clinical Psychology: Science and Practice, by Nikolaos Kazantzis; Craig Whittington; Frank Dattilio, 2010-06-08

Article

Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. - in American Psychologist, by Edwin A. Locke; Gary P. Latham, 2002

Article

Cognitive behavior therapy: basics and beyond, by Judith S. Beck, 2011

Book | In particular, chapter 3-4 on structuring therapy and chapter 14 on homework

Evidence-based CBT for anxiety and depression in children and adolescents: a competencies-based approach, edited by Elizabeth S. Sbrulati; Heidi J. Lyneham; Carolyn A. Schniering; Ronald M. Rapee, 2014

Book | Especially chapters 10 and 11

Clinical practice of cognitive therapy with children and adolescents: the nuts and bolts, by

Robert D. Friedberg; Jessica M. McClure, c2002

[Book](#) | Especially Chapter 10 Homework and Chapter 4 Session Structure

Week 6: Thinking Biases and Cognitive Techniques (6 items)

Essential preparatory reading (2 items)

Socratic Questioning: Changing minds or guiding discovery?

[Document](#) | **Essential** | You will have read this in preparation for the earlier session on formulation - please bring it along to this session as we will be doing an activity based on this paper.

'It Was All My Fault'; Negative Interpretation Bias in Depressed Adolescents - in Journal of Abnormal Child Psychology, by Faith Orchard; Laura Pass; Shirley Reynolds, 2016-7

[Article](#) | **Essential** | Please read this prior to the session.

Suggested reading (after the lecture) (4 items)

Resolving Ambiguity in Emotional Disorders: The Nature and Role of Interpretation Biases - in Annual Review of Clinical Psychology, by Colette R. Hirsch; Frances Meeten; Charlotte Krahé; Clare Reeder, 2016-03-28

[Article](#)

The Relative Efficacy of Concentration and Suppression Strategies of Mental Control - in Personality and Social Psychology Bulletin, by R. M. Wenzlaff; D. E. Bates, 2000-11-01

[Article](#)

Cognitive therapy of depression, by Aaron T. Beck, 1980

[Book](#) | **Recommended**

Science and practice of cognitive behaviour therapy, by David M. Clark; Christopher G. Fairburn; Michael G. Gelder, 1997

[Book](#) | **Recommended** | Chapter 2: The scientific foundations of cognitive behaviour therapy and Chapter 3: Information-processing biases in emotional disorders give a good overview of key cognitive processes

Week 7: Behavioural Experiments (2 items)

Essential preparatory reading for Week 7 (2 items)

I chose this chapter for two reasons: First, I think it provides a concise and well-written summary of much of the material already covered in this module; second, I'm hoping it will help you hit the ground running in this lecture and be a useful revision tool for the material we will be covering.

Oxford guide to behavioural experiments in cognitive therapy, by James Bennett-Levy,

2004

[Book](#) | **Essential** | Read Chapter 1. (Also available online as an e-book- see reference below)

Oxford guide to behavioural experiments in cognitive therapy, by James Bennett-Levy, 2004

[Book](#) | **Essential** | Read Chapter 1

Suggested further reading

Week 8: Activity Scheduling, Endings and Setback Management (11 items)

Core reading (3 items)

Behavioral activation treatments of depression: A meta-analysis - in Clinical Psychology Review, by Pim Cuijpers; Annemieke van Straten; Lianne Warmerdam, 2007-04

[Article](#)

A component analysis of cognitive-behavioral treatment for depression. - in Journal of Consulting and Clinical Psychology, by Neil S. Jacobson; Keith S. Dobson; Paula A. Truax; Michael E. Addis; Kelly Koerner; Jackie K. Gollan; Eric Gortner; Stacey E. Prince, 1996

[Article](#)

Behavioral activation for depression: a clinician's guide, by Christopher R. Martell; Sona Dimidjian; Ruth Herman-Dunn, 2010

[Book](#) | **Essential** | Core reading: Chapter 5, Pages 89-108

Suggested further reading (after the lecture) (8 items)

Cognitive behavior therapy: basics and beyond, by Judith S. Beck, 2011

[Book](#) | **Recommended** | Chapter 15: Termination and relapse prevention

Cognitive therapy of depression, by Aaron T. Beck, 1979

[Book](#)

Cognitive-behavioral therapy for anxiety disorders: mastering clinical challenges, by Gillian Butler; Melanie J.V. Fennell; Ann Hackmann, 2010

[Book](#) | Especially Chapter 10 'Creating a therapy "Blueprint"'

Comparison of behavior therapy and cognitive behavior therapy in the treatment of generalized anxiety disorder. - in Journal of Consulting and Clinical Psychology, by Gillian Butler; Melanie Fennell; Philip Robson; Michael Gelder, 1991

[Article](#)

When Are Clients Ready to Terminate? - in Cognitive and Behavioral Practice, by Lara J. Jakobsons; Jessica S. Brown; Kathryn H. Gordon; Thomas E. Joiner, 2007-5

[Article](#)

Depression in context: strategies for guided action, by Christopher R. Martell; Michael E. Addis; Neil S. Jacobson, 2001

Book

Netmums: a phase II randomized controlled trial of a guided Internet behavioural activation treatment for postpartum depression - in Psychological Medicine, by H. A. O'Mahen; D. A. Richards; J. Woodford; E. Wilkinson; J. McGinley; R. S. Taylor; F. C. Warren, 2014

Article

How to become a more effective CBT therapist: mastering metacompetence in clinical practice, by Adrian Whittington, 2014

Book