



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

CBT Treatment Guides and Workbooks

AACBT Members receive free access to a range of CBT texts and treatment manuals from the Oxford Clinical Psychology range. Featuring Therapist Guides and Workbooks, the range communicates evidence-based interventions in mental health and behavioural medicine to clinicians on the frontlines of practice.

Free access is only available through the unique link in the *Members Only* section of the website, so [sign up now](#) or [log into your account](#) to receive free access. The following texts are currently available:

Fundamental Guides

- **[A Guide to Treatments that Work \(4th Ed.\)](#)**
Peter E. Nathan and Jack M. Gorman (eds)
- **[Cognitive Behavioural Processes across Psychological Disorders: A transdiagnostic approach to research and treatment](#)**
Allison Harvey, Edward Watkins, Warren Mansell, and Roz Shafran
- **[Fundamentals of Motivational Interviewing: Tips and Strategies for Addressing Common Clinical Challenges](#)**
Julie A. Schumacher and Michael B. Madson
- **[Oxford Guide to Behavioural Experiments in Cognitive Therapy](#)**
James Bennett-Levy (ed.), Gillian Butler (ed.), Melanie Fennell (ed.), Ann Hackmann (ed.), Martina Mueller (ed.), David Westbrook (ed.), and Khadj Rouf
- **[Oxford Guide to Imagery in Cognitive Therapy](#)**
Ann Hackmann, James Bennett-Levy, and Emily A. Holmes (eds)
- **[Oxford Guide to Low Intensity CBT Interventions](#)**
James Bennett-Levy, David Richards, Paul Farrand, Helen Christensen, Kathy Griffiths, David Kavanagh, Britt Klein, Mark A. Lau, Judy Proudfoot, Lee Ritterband, Jim White, and Chris Williams (eds)

Alcohol or Drug Problems

- **[Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies, Therapist Guide \(2 ed.\)](#)**
Dennis C. Daley and G. Alan Marlatt
- **[Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies, Workbook \(2 ed.\)](#)**
Dennis C. Daley and G. Alan Marlatt

Anxiety & Panic

- **[Mastery of Your Anxiety and Panic: Therapist Guide \(4 ed.\)](#)**
Michelle G. Craske and David H. Barlow
- **[Mastery of Your Anxiety and Panic: Workbook \(4 ed.\)](#)**
David H. Barlow and Michelle G. Craske
- **[Mastery of Anxiety and Panic for Adolescents: Therapist Guide: Riding the Wave](#)**
Donna B. Pincus, Jill T. Ehrenreich, and Sara G. Mattis
- **[Riding the Wave: Workbook](#)**
Donna B. Pincus, Jill T. Ehrenreich, and David A. Spiegel

Bipolar Disorder

- **[Managing Bipolar Disorder: Therapist Guide: A cognitive-behavioural approach](#)**



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

Michael Otto, Noreen Reilly-Harrington, Jane N. Kogan, Aude Henin, Robert O. Knauz, and Gary S. Sachs

- **Managing Bipolar Disorder: Workbook: A cognitive-behavioural approach**

Michael Otto, Noreen Reilly-Harrington, Robert O. Knauz, Aude Henin, Jane N. Kogan, and Gary S. Sachs

Chronic Illness

- **Coping with Chronic Illness: A Cognitive-Behavioral Therapy Approach for Adherence and Depression, Therapist Guide**

Steven A. Safren, Jeffrey S. Gonzalez, and Nafisseh Soroudi

- **Coping with Chronic Illness: A Cognitive-Behavioral Therapy Approach for Adherence and Depression, Workbook**

Steven A. Safren, Jeffrey S. Gonzalez, and Nafisseh Soroudi

Chronic Pain

- **Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach, Therapist Guide**

John D. Otis

- **Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach, Workbook**

John Otis

Depression

- **Overcoming Depression: A Cognitive Therapy Approach: Therapist Guide**

Mark Gilson, Arthur Freeman, M Jane Yates, and Sharon Morgillo Freeman

- **Overcoming Depression: Workbook (2 ed.)**

Mark Gilson, Arthur Freeman, M. Jane Yates, and Sharon Morgillo Freeman

Developmental Disabilities

- **Helping Parents With Challenging Children: Positive Family Intervention: Facilitator Guide**

V. Mark Durand and Meme Hieneman

- **Helping Parents with Challenging Children: Parent Workbook: Positive Family Intervention**

V Mark Durand and Meme Hieneman

Eating Disorders

- **Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder, Therapist Guide (2 ed.)**

W. Stewart Agras and Robin F. Apple

- **Overcoming Your Eating Disorder: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder, Workbook (2 ed.)**

Robin F. Apple and W. Stewart Agras

Generalised Anxiety Disorder

- **Treatment of generalized anxiety disorder: Therapist guides and patient manual**

Gavin Andrews, Alison E. Mahoney, Megan J. Hobbs, and Margo Genderson (eds)

Insomnia

- **Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach, Therapist Guide**

Jack Edinger and Colleen Carney

- **Overcoming Insomnia: Workbook: A Cognitive-Behavioral Therapy Approach**

Jack Edinger and Colleen Carney



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

Obsessive-Compulsive Disorder

- **Exposure and Response (Ritual) Prevention for Obsessive Compulsive Disorder: Therapist Guide (2 ed.)**
Edna B. Foa, Elna Yadin, and Tracey K. Lichner
- **Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (2 ed.)**
Elna Yadin, Edna B. Foa, and Tracey K. Lichner
- **Cognitive-Behavioral Treatment of Childhood OCD: It's Only a False Alarm, Therapist Guide**
John Piacentini, Audra Langley, and Tami Roblek
- **It's Only a False Alarm: Workbook**
John Piacentini, Audra Langley, and Tami Roblek

School Refusal

- **When Children Refuse School: Therapist Guide (3 edn)**
Christopher A. Kearney and Anne Marie Albano
- **When Children Refuse School: Parent Workbook (3 ed.)**
Christopher A. Kearney and Anne Marie Albano

Social Phobia

- **Cognitive-Behavioral Therapy for Social Phobia in Adolescents: Stand Up, Speak Out, Therapist Guide**
Anne Marie Albano and Patricia Marten DiBartolo
- **Stand Up, Speak Out: Client Workbook**
Anne Marie Albano and Patricia Marten DiBartolo

Transdiagnostic Approaches

- **Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders**
David H. Barlow and Todd Farchione (eds)
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (2 edn)**
David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, and Clair Cassiello-Robbins
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (2 edn)**
David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, and Clair Cassiello-Robbins
- **Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents: Therapist Guide**
Jill Ehrenreich-May, Sarah M. Kennedy, Jamie A. Sherman, Emily L. Bilek, Brian A. Buzzella, Shannon M. Bennett, and David H. Barlow
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children: Workbook**
Jill Ehrenreich-May, Sarah M. Kennedy, Jamie A. Sherman, Emily L. Bilek, and David H. Barlow
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents: Workbook**
Jill Ehrenreich-May, Sarah M. Kennedy, Jamie A. Sherman, Shannon M. Bennett, and David H. Barlow