



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
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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**



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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

Gambling

- **Overcoming Pathological Gambling: Therapist Guide**

Robert Ladouceur and Stella Lachance

- **Overcoming Your Pathological Gambling: Workbook**

Robert Ladouceur and Stella Lachance

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)



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Hoarding Disorder

- **Treatment for Hoarding Disorder: Therapist Guide (2nd Ed)**
Gail Steketee and Randy O. Frost
- **Treatment for Hoarding Disorder: Workbook (2nd Ed)**
Gail Steketee and Randy O. Frost

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

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

Post-Traumatic Stress Disorder

- **Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences, Therapist Guide (2nd Ed)**
Edna Foa, Elizabeth A. Hembree, Barbara Olasov Rothbaum, and Sheila A.M. Rauch
- **Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program, Workbook (2nd Ed)**
Barbara Olasov Rothbaum, Edna Foa, Elizabeth A. Hembree, and Sheila A.M. Rauch
- **Prolonged Exposure Therapy for Adolescents with PTSD: Emotional Processing of Traumatic Experiences, Therapist Guide**
Edna B. Foa, Kelly R. Chrestman, and Eva Gilboa-Schechtman
- **Prolonged Exposure Therapy for PTSD: Teen Workbook**
Kelly R. Chrestman, Eva Gilboa-Schechtman, and Edna B. Foa

School Refusal

- **When Children Refuse School: Therapist Guide (3 Ed)**
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



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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