



# 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 Assessments that Work (2<sup>nd</sup> Ed).**  
*John Hunsley and Eric Mash (eds)*
- **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**



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- **Managing Bipolar Disorder: Therapist Guide: A cognitive-behavioural approach**  
*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 (2<sup>nd</sup> Ed)**  
*Gail Steketee and Randy O. Frost*
- **Treatment for Hoarding Disorder: Workbook (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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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### **Tourette Syndrome**

- **Managing Tourette Syndrome: A Behavioral Intervention for Children and Adults Therapist Guide**  
*Douglas W Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence D Scahill, John T Walkup, and Sabine Wilhelm*
- **Managing Tourette Syndrome: A Behavioral Intervention Parent Workbook**  
*Douglas W Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence d Scahill, John T Walkup, and Sabine Wilhelm*
- **Managing Tourette Syndrome: A Behavioral Intervention Adult Workbook**  
*Douglas W Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence D Scahill, John Walup, and Sabine Wilhelm*

### **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*