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## Cognitive Behaviour Therapy for Obsessive-compulsive Disorder

Victoria Bream, Fiona Challacombe, Asmita Palmer, and Paul Salkovskis

Print Publication Year: 2017 Published Online: Sep 2017 Publisher: Oxford University Press  
ISBN: 9780198703266 eISBN: 9780191840197 DOI: 10.1093/med-psych/9780198703266.001.0001  
Item type: book

Obsessive-compulsive disorder (OCD) can be a very disabling and distressing problem. Cognitive behavioural therapy (CBT) has been shown to be very effective in helping people to overcome OCD. OCD is a highly heterogeneous disorder, often complicated by contextual factors, and therapists are often left wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice. This book guides the reader through understanding the background to and principles of using CBT for OCD in a clear practical 'how to' style. It also elucidates the particular challenges and solutions in applying CBT for OCD using illustrative case material and guidance on formulation-driven intervention. The book also addresses commonly occurring complexities in the treatment of OCD; for example, working with comorbidity, perfectionism, shame, and family involvement in symptoms. Throughout the book, tips are provided on receiving and giving supervision to troubleshoot commonly encountered problems. This book provides a guide to improved practice for clinicians at all levels of experience.

## Oxford Guide to Behavioural Experiments in Cognitive Therapy

Khadj Rouf

James Bennett-Levy (ed.) , Gillian Butler (ed.) , Melanie Fennell (ed.) , Ann Hackmann (ed.) , Martina Mueller (ed.) , and David Westbrook (ed.)

Print Publication Year: 2004 Published Online: Jan 2015 Publisher: Oxford University Press  
ISBN: 9780198529163 eISBN: 9780191797538 DOI: 10.1093/med:psych/9780198529163.001.0001  
Item type: book

This online resource provides a theoretical and practical background for the understanding and development of behavioural experiments, and includes information about problems which have been the traditional focus of cognitive therapy (e.g. depression, anxiety disorders), as well as those which have only more recently become a subject of study (bipolar disorder, psychotic symptoms), and some which are still in their relative infancy (physical health problems, brain injury). It also includes several chapters on trans-diagnostic problems, such as avoidance of affect, low self-esteem, interpersonal issues, and self-injurious behaviour, and finally, provides some signposts for future development.

## Oxford Guide to CBT for People with Cancer

Stirling Moorey and Steven Greer

Print Publication Year: 2011 Published Online: Jun 2015 Publisher: Oxford University Press  
ISBN: 9780199605804 eISBN: 9780191807831 DOI: 10.1093/med:psych/9780199605804.001.0001  
Item type: book

Cognitive behaviour therapy (CBT) is a brief, focused and flexible approach that has much to offer in helping people cope with cancer. This online guide demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care. Using a CBT model to understand reactions to cancer, the authors present cognitive, behavioural, emotional, and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity. Case examples illustrate how these methods are used to reduce anxiety and depression, enable a fighting spirit, teach effective coping skills, and develop open communication between patients and their partners. This title also covers the clinical and research findings in the fields of psycho-oncology and cognitive behaviour therapy, with guidance on using CBT for common symptoms such as insomnia, fatigue and nausea.

## Oxford Guide to Imagery in Cognitive Therapy

Ann Hackmann, James Bennett-Levy, and Emily A. Holmes (eds)

Print Publication Year: 2011 Published Online: Oct 2015 Publisher: Oxford University Press  
ISBN: 9780199234028 eISBN: 9780191808050 DOI: 10.1093/med:psych/9780199234028.001.0001  
Item type: book

This title has been written both for clinicians and researchers. For clinicians, it is a user-friendly, practical guide to imagery, which will enable therapists to understand imagery phenomenology, and to integrate imagery-based interventions into their cognitive therapy practice. For researchers, it provides a state-of-the-art summary of imagery research, and points the way to future studies. Written by three well-respected cognitive behavioural therapy (CBT) researcher-clinicians, it is essential reading for all cognitive therapists, who have recognised the limitations of purely 'verbal' CBT techniques, and want to find new ways to work with clients with psychological disorders.

## 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)

Print Publication Year: 2010 Published Online: Jan 2015 Publisher: Oxford University Press  
ISBN: 9780199590117 eISBN: 9780191797590 DOI: 10.1093/med:psych/9780199590117.001.0001  
Item type: book

The Oxford Guide to Low Intensity CBT Interventions marks a turning point in the delivery of psychological treatments for people with depression and anxiety. Until recently, the only form of psychological intervention available for patients with depression and anxiety was

traditional one-to-one 60 minute session therapy - usually with private practitioners for those patients who could afford it. Now Low Intensity CBT Interventions are starting to revolutionize mental health care by providing cost effective psychological therapies which can reach the vast numbers of people with depression and anxiety who did not previously have access to effective psychological treatment. It is the first online resource to provide a comprehensive guide to Low Intensity CBT interventions. It brings together researchers and clinicians from around the world who have led the way in developing evidence-based low intensity CBT treatments.

## Oxford Guide to Metaphors in CBT Building Cognitive Bridges

Richard Stott, Warren Mansell, Paul Salkovskis, Anna Lavender, and Sam Cartwright-Hatton

Print Publication Year: 2010 Published Online: Jan 2015 Publisher: Oxford University Press  
ISBN: 9780199207497 eISBN: 9780191797552 DOI: 10.1093/med:psych/9780199207497.001.0001  
Item type: book

This online resource shows how metaphors can be used productively in CBT as an integral part of the treatment. It describes the use of metaphors for a wide range of problems, including anxiety and depression, and provides countless examples of metaphors that have been used by others in CBT. It brings together in one place hundreds of metaphors that experienced therapists have used to great success, and will be a valuable resource for all cognitive behaviour therapists, as well as those training in CBT.

## Oxford Guide to Surviving as a CBT Therapist

Martina Mueller, Helen Kennerley, Freda McManus, and David Westbrook (eds)

Print Publication Year: 2010 Published Online: Jan 2015 Publisher: Oxford University Press  
ISBN: 9780199561308 eISBN: 9780191797576 DOI: 10.1093/med:psych/9780199561308.001.0001  
Item type: book

For the newly trained Cognitive Behavioural Therapist, there are a wealth of challenges and difficulties faced when trying and applying newly acquired skills in the outside world. These might include the stresses of working in isolation, finding it difficult to widen their scope, consult with other CBT therapists, seeking advice on setting up group therapy, possible conflicts between ethical practice and theory, how to retain personal integrity as a therapist while maintaining a viable business practice, dealing with diverse communities, or becoming a supervisor. The Oxford Guide to Surviving CBT Practice is the one-stop resource for the newly trained therapist. It offers practical guidance on a range of issues and challenges faced by the therapist. Showcasing the authors' vast experience of training and practising CBT, it draws on real life situations to help the reader hone and develop their skills, adjust to life as a therapist, and maintain a successful and satisfying career whilst helping others.

# Oxford Guide to the Treatment of Mental Contamination

Stanley Rachman, Anna Coughtrey, Roz Shafran, and Adam Radomsky

Print Publication Year: 2014 Published Online: May 2015 Publisher: Oxford University Press  
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Item type: book

A fear of contamination drives the most common manifestation of obsessive compulsive disorders (OCD), compulsive washing. OCD is a distressing anxiety disorder that affects 1-2 percent of the population and can be disabling. Intense and complex forms of the disorder benefit from advanced analyses of contamination and its treatment. This online resource provides a detailed account of the nature and causes of the various forms of a fear of contamination and their consequences. Methods of treatment are described and fully illustrated by case histories. The inclusion of original analyses and explanations of a newly recognised form of the fear, mental contamination, is an important feature relating on how to assess and treat the abnormal fears of contamination.

## The Treatment of Obsessions

Stanley Rachman

Print Publication Year: 2003 Published Online: Oct 2015 Publisher: Oxford University Press  
ISBN: 9780198515371 eISBN: 9780191807862 DOI: 10.1093/med:psych/9780198515371.001.0001  
Item type: book

Important progress has been made in understanding the spectrum of obsessive-compulsive disorders; however, most advances in treatment have been directed at the compulsive element of the behaviour. It is estimated that for as many as one in three patients presenting with obsessive-compulsive disorder, the primary problem is the obsessions. Obsessions are repetitive, unwanted thoughts, images or impulses. This volume describes how to conduct the first, specific cognitive treatment for obsessions, and provides a comprehensive account of the underlying cognitive theory and supporting experimental evidence. The title discusses patient assessment procedures, provides a detailed explanation of the specific technique, anticipates possible patient reactions and suggests tactics for dealing with them, and explores methods for assessing progress. Throughout, there are helpful case studies to illustrate aspects of the technique and the title closes with a 'tool kit' of forms and charts to allow the therapist to plan and record treatment sessions.