

Think Good Feel Good: A Cognitive Behaviour Therapy Workbook For Children And Young People (Psychology)

Arguably our brain's greatest sense is the ability to understand the minds of others - our sixth sense. In Mindwise, renowned psychologist Nicholas Epley shows that this incredible capacity for inferring what others are thinking and feeling is, however sophisticated, still prone to critical errors. We often misread social situations, misjudge others' characters, or guess the wrong motives for their actions. Drawing on the latest in psychological research, Epley suggests that only by learning more about our sixth sense will we have the humility to overcome these errors and understand others as they actually are instead of as we imagine them to be.

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. In Feeling Good, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer?s Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.
- Recognise what causes your mood swings - Nip negative feelings in the bud - Deal with guilt - Handle hostility and criticism - Overcome addiction to love and approval - Build self-esteem - Feel good everyday

In his first published monograph, Tyler Mitchell, America's most exciting young fashion photographer, imagines what a black utopia could look like. Even before becoming the first African American photographer to shoot the cover of Vogue in September 2018 with an iconic portrait of Beyoncé, Tyler Mitchell was making a name for himself as a photographer and video director focusing on youth culture and racial identity. Now, in his first book, Mitchell brings a utopian hopefulness to his images of African Americans, both famous and not. Vibrant, candy-hued palettes and glowing natural light are the hallmark of Mitchell's work. His subjects appear mostly outdoors, in idyllic natural settings or on gritty urban streets. Among the photos presented in the book are those he shot in Cuba, where he traveled to document Havana's emerging skateboard scene, as well as collaborations with Marc Jacobs, American Eagle, and Converse. A sought-after portraitist, his subjects include Amanda Stenberg, Ashton Sanders, Aweng Chui, Kiki Layne, and Stephan James. In speaking of his work, Mitchell cites an "affirmation in blackness and a unifying visual text of hope." This joyful collection is evidence that Mitchell is well on his way to accomplishing all that and more.

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours, and make him disappear. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+. Starving the Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

A Companion to Think Good, Feel Good and Thinking Good, Feeling Better

Think Good

Tyler Mitchell

A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties

Anxiety

Thinking Good, Feeling Better

Beyond Words

Juliette must make a choice. Be a weapon. Or a warrior. Combining a crumbling dystopian world with a compelling heroine who has inexplicable powers, Shatter Me is a mesmerising thriller. 'Addictive, intense, and oozing with romance.' - Lauren Kate, author of Fallen.

"This life-changing book helps readers use cognitive-behavioral therapy - one of today's most effective forms of psychotherapy - to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. The second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets; and much more."--Publisher.

Do you feel stuck in life, not knowing how to make it more successful? Do you wish to become more popular? Are you craving to earn more? Do you wish to expand your horizon, earn new clients and win people over with your ideas? How to Win Friends and Influence People is a well-researched and comprehensive guide that will help you through these everyday problems and make success look easier. You can learn to expand your social circle, polish your skill set, find ways to put forward your thoughts more clearly, and build mental strength to counter all hurdles that you may come across on the path to success. Having helped millions of readers from the world over achieve their goals, the clearly listed techniques and principles will be the answers to all your questions.

An ideal teaching text or practitioner reference, this book offers a complete introduction to doing cognitive therapy with children and adolescents. A systematic yet flexible approach to case conceptualization and treatment planning is presented. The authors review the essentials of orienting children and families to cognitive therapy, structuring each session, and implementing commonly used cognitive and behavioral techniques. Concluding chapters describe strategies for addressing specific clinical problems: depression, anxiety, and disruptive behavior.

The Sonic Boom

Shatter Me

CBT Strategies for Anxious and Depressed Children and Adolescents

Perspectives of Doctors, Children with Cancer, and Their Families

Change How You Feel by Changing the Way You Think

The secret to solving the stress cycle

13 Things Strong Kids Do: Think Big, Feel Good, Act Brave

Think Right, Feel Right, finally a book that truly shows us how! In many lives, past wounds and circumstances have kept peace and happiness beyond reach. Now, with the help of Dr. Issett's innovative guide, we can reach them. This groundbreaking book is loaded with fresh thinking, solid answers, and the tools we need. Step-by-step, the guide helps us build lasting emotional well-being and overcome problems with anxiety and worry, depression, addiction and self-esteem. We find out how to regulate our emotions, build esteem, and mindfully control our emotional health and well-being and, we come away with the ability to live a happier, healthier life. Life affords no guarantee that we learn how to feel well. If we weren't taught how to self-nurture or regulate our emotions effectively, happiness and emotional well-being will be scarce. We over rely on substitutes like spending, eating, working, or drugs and alcohol to prop up our sagging moods and emotions, increasing the risk of addiction. Or we may struggle along with low self-esteem, anxiety and depression and perhaps try to buffer these telltale symptoms with medication. Think Right feel Right puts us on the right path: it shows us how to feel well and stay feeling well. Offering cover-to-cover self-help, this practical guide delivers its powerful, behavior-changing message with compelling logic and clarity. The guide's straightforward style, helpful examples, chapter summaries and study guide questions make it easy to use. Empowering personal growth through its cutting-edge cognitive-behavioral approach, Think Right, Feel Right extends the opportunity for real help to many. Although the guide is not intended to be a substitute for professional help when indicated, it is an important and long-needed resource for those seeking to improve their emotional health and well-being as well as for mental health professionals, educators, parents and others promoting wellness.

NEW YORK TIMES BESTSELLER! ** Ready to take the next step toward living in alignment with the Universe? The #1 New York Times best-selling author of The Universe Has Your Back shows you how. In Super Attractor, Gabrielle Bernstein lays out the essential steps for living in alignment with the Universe--more fully than you've ever done before. "I've always known that there is a nonphysical presence beyond my visible sight," Gabby writes. "All my life I've intuitively tuned in to it and used it as a source for good. . . . What we call it is irrelevant. Connecting to it is imperative." Super Attractor is a magnificent book that will help you transform your spiritual life with your day-to-day experience. In these pages, you'll learn to: * Move beyond dabbling in your practice, when it's convenient, to living a spiritual life all the time * Take practical steps to create a life filled with purpose, happiness, and freedom * Feel a sense of awe each day as you witness miracles unfold * Release the past and live without fear of the future * Tap into the infinite source of abundance, joy, and well-being that is your birthright * Bring more light to your own life and the world around you This book is a journey of remembering where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attracting is, well, and that you don't have to work so hard to get what you want. Most important, you'll feel good. And when you feel good, you'll give off a presence of joy that can elevate everyone around you. After reading this book, you will know how to fulfill your function: to be a force of love in the world.

Talk, Think, Feel is an exploration of emotions in children with cancer, their families, and the doctors who take care of them. In this thought-provoking work, Nathaniel Bayer offers insight into the emotional side of medicine and the range of feelings that pervade pediatric oncology and life in general. This book is a collection of reflections, stories, observations of clinical encounters, and extensive direct quotes from interviews Bayer conducted with twenty pediatric oncologists across the United States. The narrative voices are illuminating in their candor and provide a window into the thoughts of doctors and the close relationships they share with patients. The poignant vignettes-about the lives and even the deaths of children with cancer-serve as a way for readers to further understand the illness experience and to reflect on their own emotional responses. This book is part of an increasingly important conversation about the role of emotions in medicine. Join the discussion.

Why are we so interested in measuring happiness? What was a Buddhist monk doing at the 2014 World Economic Forum in Davos lecturing the world's leaders on mindfulness? Why do many successful corporations have a 'chief happiness officer'? What can the chemical composition of your brain tell a potential employer about you? In the past decade, governments and corporations have become increasingly interested in measuring the way people feel: 'the Happiness index', 'Gross National Happiness', 'well-being' and positive psychology have come to dominate the way we live our lives. As a result, our emotions have become a new resource to be bought and sold. In a fascinating investigation combining history, science and ideas, William Davies shows how well-being influences all aspects of our lives: business, finance, marketing and smart technology. This book will make you rethink everything from the way you work, the power of the 'Nudge', the ever-expanding definitions of depression, and the commercialization of your most private feelings. The Happiness Industry is a shocking and brilliantly argued warning about the new religion of the age: our emotions.

How Sound Transform the Way We Think, Feel, and Buy

Clinical Practice of Cognitive Therapy with Children and Adolescents

Skills Training for Working With People With Intellectual Disabilities and Problems Managing Emotions

A Clinician's Toolkit

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

Exploring Feelings

A Clinician's Guide to CBT for Children to Young Adults

The International Bestseller 'With clarity and compassion, DiAngelo allows us to understand racism as a practice not restricted to "bad people." In doing so, she moves our national discussions forward. This is a necessary book for all people invested in societal change' Claudia Rankine Anger. Fear. Guilt. Denial. Silence. These are the ways in which ordinary white people react when it is pointed out to them that they have done or said something that has - unintentionally - caused racial offence or hurt. After, all, a racist is the worst thing a person can be, right? But these reactions only serve to silence people of colour, who cannot give honest feedback to 'liberal' white people lest they provoke a dangerous emotional reaction. Robin DiAngelo coined the term 'White Fragility' in 2011 to describe this process and is here to show us how it serves to uphold the system of white supremacy. Using knowledge and insight gained over decades of running racial awareness workshops and working on this idea as a Professor of Whiteness Studies, she shows us how we can start having more honest conversations, listen to each other better and react to feedback with grace and humility. It is not enough to simply hold abstract progressive views and condemn the obvious racists on social media - change starts with us all at a practical, granular level, and it is time for all white people to take responsibility for relinquishing their own racial supremacy. 'By turns mordant and then inspirational, an argument that powerful forces and tragic histories stack the deck fully against racial justice alongside one that we need only to be clearer, try harder, and do better' David Roediger, Los Angeles Review of Books 'The value in White Fragility lies in its methodical, irrefutable exposure of racism in thought and action, and its call for humility and vigilance' Katy Waldman, New Yorker 'A vital, necessary, and beautiful book' Michael Eric Dyson

In a large-size format for easy photocopying, this book provides 167 engaging full-color reproducible tools for use in cognitive-behavioral therapy (CBT) with 7- to 18-year-olds. Beautifully designed handouts and worksheets are presented for each phase of treating anxiety and depression, organized in a state-of-the-art modular framework that encourages therapeutic flexibility.

Introductions to each module offer vital clinical pointers and describe when and how to use the various forms, illustrated with vivid case examples. The authors provide tips for sequencing treatment, troubleshooting common difficulties, and addressing developmental and cultural considerations. Purchasers get access to a Web page where they can download and print the reproducible handouts and worksheets. y

Cool Connections is a fun, engaging workbook that provides a cognitive behavioural therapy (CBT) approach to positively modifying the everyday thoughts and behaviours of children and young people aged 9 to 14. Combining a summary of CBT principles and step-by-step guidelines on how to use the materials appropriately with a mixture of games, handouts, home activities and therapeutic exercises, Cool Connections is designed to encourage resilience and self-esteem and reduce feelings of anxiety and depression. Fully photocopiable, fully illustrated and easy to use, this structured workbook is an effective tool for professionals working to improve the general wellbeing of children and young people, including psychologists, psychiatrists, counsellors, social workers, and child and adolescent mental health services, as well as professionals in residential care settings and educational professionals in child/youth services.

A powerful and insightful clinical resource for CBT practitioners who work with children and young adults The newly updated and thoroughly revised Second Edition of this companion to Think Good, Feel Good and Thinking Good, Feeling Better delivers guidance for clinicians using the author's seminal workbooks. This companion work builds upon the workbook materials by offering readers instruction on all aspects of the therapeutic process and a wide range of case studies highlighting specific therapies in action. A Clinician's Guide covers topics including parental involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery, and the use of imagery. The author also includes a chapter focusing on common potential problems that arise in therapy and strategies to overcome them. The book highlights the underlying philosophy, process, and core skills of employing CBT with children and young people. Readers will appreciate the competency framework, which describes the CORE philosophy, PRECISE process, and the ABCs of specific techniques. The book also includes: Additional materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, like depression, OCD, PTSD, and anxiety Downloadable, multi-use worksheets for use in the clinician's therapeutic sessions Practical, real-world case examples that shed light on the techniques and strategies discussed in the book A systematic approach to the use of cognitive behavioural therapy to treat common psychological problems Perfect for professionals and trainees in child and adolescent mental health, like psychiatrists, clinical psychologists, educational psychologists, community psychiatric nurses, and occupational therapists, the book also belongs on the shelves of non-mental health professionals, including school nurses and social workers, who regularly work with children in a therapeutic setting.

Cognitive Behaviour Therapy with Children and Young People

The Happiness Industry

Cbt Toolbox for Children and Adolescents

Why It's So Hard for White People to Talk About Racism

Super Attractor

Feeling Good

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem. Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish the Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner.

*'This book is a gift! I've been practicing their strategies, and it's a total game-changer.' -Brend Brown, PhD, author of the #1 New York Times bestseller DARE TO LEAD This groundbreaking book explains why women experience burnout differently than men - and provides a simple, science-based plan to help women minimize stress, manage emotions and live a more joyful life. The gap between what it's really like to be a woman and what people expect women to be is a primary cause of burnout. Because we exhaust ourselves trying to close the space between the two, How can you 'love your body' when everything around you tells you you're inadequate? How do you 'lean in' at work when you're already giving 110% and aren't transformative for it? How can you live happily and healthily in a world that is constantly telling you you're too fat, too needy, too noisy and too selfish? Sisters Emily Nagoski, Ph.D., the bestselling author of Come as You Are, and Amelia Nagoski, DMA, are here to help end the cycle of overwhelm and exhaustion, and confront the obstacles that stand between women and well-being. With insights from the latest science, prescriptive advice, and helpful worksheets and exercises, Burnout reveals: * what you need to do to complete the biological stress cycle - and return your body to a state of relaxation. * how to manage the 'monitor' in your brain that regulates the emotion of frustration. * how the Bikini Industrial Complex makes it difficult for women to love their bodies - and how to fight back. * why rest, human connection, and befriending your inner critic are key to recovering from and preventing burnout. Eye-opening, compassionate and optimistic, Burnout will completely transform the way we think about and manage stress, empowering women to thrive under pressure and enjoy meaningful yet balanced lives. All women will find something transformative in these pages - and be empowered to create positive and lasting change.*

This is a companion guide to Think Good Feel Good: A Cognitive Behaviour Therapy Workbook For Children and Young People. Designed for clinicians using the original workbook in their work with children, the book builds upon the workbook materials by offering guidance on all aspects of the therapeutic process and a range of case studies highlighting therapy in action. Topics covered include parent involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery and the use of imagery. Also included is a chapter focusing on possible problems in therapy and strategies for overcoming them. To supplement the workbook, the clinician's guide offers further materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, such as depression, OCD, PTSD/Trauma and Anxiety This timely book uniquely addresses the application of CBT to children and young people within health, school and community contexts. With the recent expansion of increasing access to psychological therapies (IAPT) CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings. Taking into consideration complex difficulties that do not always fit fixed length treatments, the authors take a much-needed realistic approach to applying CBT to childhood problems. This is relevant and accessible reading for a wide range of specialist child trainees and practitioners, including new IAPT therapists, counsellors, nurses, teachers and social workers. Peter Fuggle, Sandra Dunsmuir & Vicki Curry are co-Directors of the UCL accredited Certificate, Diploma & Masters course on Cognitive Behaviour Therapy and other outcomes based interventions (CBOBI) delivered at the Anna Freud Centre in London.

I Can Make You Feel Good

I Can Feel Good

Think Good, Feel Good

Mind Over Mood

The Feel Good Book

Encouraging Self-esteem, Resilience and Well-being in Children and Young People Using CBT Approaches

The Building Block Guide for Happiness and Emotional Well-Being

Saying 'I Love You' in sign language feels good. Having a ladybug land on your hand feels good. Making a new friend feels good. Todd Parr celebrates all the feel-good things that tickle kids and adults alike, from rubbing noses and rubbing a dog's belly, to giving a great big hug, and seeing fireflies outside your window. With Parr's trademark bold, bright colors and silly scenes, children will be inspired to feel good about things they do every day. Targeted to young children first beginning to read, this book will inspire kids to celebrate the range emotions that make them feel good.

GREAT GIFT IDEAS - COLOURING BOOKS FOR GROWN-UPS This incredible Adult Coloring Book by best-selling artist This book is the perfect way to relieve stress and while enjoying beautiful and highly detailed images. Product Details: Printed single sided on bright white paper Perfect for all coloring mediums High quality paper Large Size format 8.5" x 11.0" pages

A guide to the effective use of sound in marketing, revealing the surprising ways sound can influence our emotions, opinions, and preferences

*Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,200,000 readers use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; and much more. Mind Over Mood will help you: *Learn proven, powerful, practical strategies to overcome depression, anxiety, anger, guilt, and shame. *Set doable personal goals and track your progress (you can photocopy the worksheets from the book or download and print additional copies). *Practice your new skills until you become second nature. Cited as "The Most Influential Cognitive-Behavioral Therapy Publication" by the British Association for Behavioural and Cognitive Psychotherapies and included in the UK National Health Service Bibliotherapy Program. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category See also the Spanish-language edition: El control de tu estado de ánimo, Segunda edición. Plus, mental health professionals, see also The Clinician's Guide to CBT Using Mind Over Mood, Second Edition.*

White Fragility

The Book of Knowing

How the Government and Big Business Sold Us Well-Being

The Blue Book of Grammar and Punctuation

Using CBT with Children and Young People

Know How You Think, Change How You Feel

A Cognitive Behavioural Therapy Workbook for Children and Young People

The internationally bestselling author of 13 Things Mentally Strong People Don't Do, Amy Morin, empowers tweens, teaching them how to think, feel, and act stronger than ever! Perfect for fans of The Confidence Code for Girls, this book tackles mental strength in a relatable way. Filled with fun graphics and illustrations throughout, "This book is a powerful gift to kids—it shows them how to help themselves!" —Claire Shipman, New York Times bestselling coauthor of The Confidence Code for Girls Do you worry that you don't fit in? Do you feel insecure sometimes? Do you wish your life looked as perfect as everyone else on social media? Do you have anxiety about things you can't control? Being a tween can be really hard, especially in today's world. You balance it all—homework, extracurricular activities, chores, friendship drama, and family, all while trying to give the impression that you know exactly what you're doing. Sometimes when we try to look perfect on the outside, we can feel rotten in the inside. Do you want to become a stronger person, inside and out? By picking up this book, you're already taking the first step toward becoming a better person where it counts—by training your brain. Prominent psychotherapist and social worker Amy Morin offers relatable scenarios, then shows tweens the ways they can develop healthy habits, build mental strength, and take action toward becoming their best selves. 13 Things Strong Kids Do gives tweens the tools needed to overcome life's toughest challenges. This nonfiction middle grade book is an excellent choice for tween readers in grades 5 to 8, including those living through the stresses of homeschooling.

returning to the classroom, and navigating a changed and stressful world.

The Homunculi, (or 'little people'), is a fun activity that builds social and emotional resilience in children and young people, aged 7 upwards, and into the teenage years. It is particularly suited to those with high functioning autism or Asperger's Syndrome who often have difficulty identifying troubling feelings such as anger, fear and anxiety. The Homunculi are miniature agents with problem-solving missions and special gadgets who live inside the brain and help out with distressing thoughts, feelings and behaviours. Through inventing their own Homunculi characters and stories, participants in the activity learn to cope with their real-life social problems. Complete with a large-format skull poster, character and storyboard templates, and photocopiable record sheets, this unique resource includes everything needed to get started on making Homunculi stories, cartoons or videos. This flexible, 10-week, CBT-based programme for individuals or groups will be transformative for psychologists, therapists, teachers and other professionals working with children on the autism spectrum or with behavioural difficulties.

"The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowledge of the subject"--Provided by publisher.

The best-selling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible exercises, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated Twelfth Edition reflects the latest updates to English usage and grammar and features a two-color design and lay-flat binding for easy photocopying. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with quizzes and pre- and post-tests to help teach grammar ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.

CBT with Children, Young People and Families

The New Mood Therapy

A Clinician's Guide to Think Good-Feel Good

The Nuts and Bolts

Thoughts on the Nature of Mass Movements

The Homunculi Approach to Social and Emotional Wellbeing

The True Believer

Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people The previous edition of Think Good, Feel Good was an exciting, practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people. This new edition continues the work started by clinical psychologist Paul Stallard, and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion-focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques. Developed by the author and used extensively in clinical practice, Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People starts with the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings; changing behaviour; and more. Written by an experienced professional with all clinically tested material fully updated to reflect recent developments in clinical practice. Wide range of downloadable materials includes ideas for third wave CBT, Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy. Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with young people including social workers, school nurses, practice counsellors, teachers and health visitors.

Winner of a 2008 Teachers' Choice Award! Anxiety can be debilitating for anyone, but it can be especially confusing for a child. Learning about emotions helps children recognize connections between thinking and feeling, and helps them identify the physiological effects of anxiety on the body (sweating, increased heart rate, crying, etc.). This book provides a guide for caregivers and then the workbook section allows children to identify situations that make them anxious and learn how to perceive the situation differently. Helpful topics include: Overview of the Exploring Feelings Program Introduction to Cognitive Behaviour Therapy Modifications to Conventional Cognitive Behaviour Therapy Affective Education Cognitive Restructuring Comic Strip Conversations The Emotional Toolbox Additional Tools for the Toolbox Schools Research Evidence on the Effectiveness of Exploring Feelings

This authoritative guide has been completely revised and expanded with over 90% new material in a new step-by-step format. It details how, when, and why therapists can make best use of each chapter in Mind Over Mood, Second Edition (MOM2), in individual, couple, and group therapy. Christine A. Padesky's extensive experience as a CBT innovator, clinician, teacher, and consultant is reflected in 100+ pages of compelling therapist-client dialogues that vividly illustrate core CBT interventions and management of challenging dilemmas. Fully updated, the book offers research-based guidance on the use of MOM2 to treat anxiety disorders, depression, anger, guilt, shame, relationship problems, and personality revisions. Invaluable therapy tips, real-life scenarios, and troubleshooting guides in each chapter make this the essential MOM2 companion for novice and experienced therapists alike. Reproducible Reading Guides show how to sequence MOM2 chapters to target specific moods. First edition title: Clinician's Guide to Mind Over Mood. New to This Edition "Detailed instructions on how, when, and why to use each of MOM2's 60 worksheets. *Expanded coverage illustrating effective use of thought records, behavioral experiments, and imagery. *Shows how to flexibly tailor MOM2 to address particular anxiety disorders, using distinct strategies and protocols for anxiety-based practices (e.g., the psychology of anticipation and commitment therapy). *Updated practice guidelines throughout, including on current clinical research. *More content on using MOM2 for therapist self-study and in training programs and classrooms. *Free supplemental videos on the author's YouTube channel provide additional clinical tips and discuss issues in practicing, teaching, and learning CBT. See also Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think.

THE NEW YORK TIMES BESTSELLER I wanted to know what they were experiencing, and why to us they feel so compelling, and so close. This time I allowed myself to ask them the question that for a scientist was forbidden fruit: Who are you? Weaving decades of field observations with exciting new discoveries about the brain, Carl Safina's landmark book offers an intimate view of animal behavior to challenge the fixed boundary between humans and animals. Travelling to the threatened landscape of Kenya to witness struggling elephant families work out how to survive preaching and drought, then on to the Yellowstone National Park to observe wolves sort out the aftermath of one pack's personal tragedy, the book finally plunges into the astonishingly peaceful society of killer whales living in the crystalline waters of the Pacific Northwest. Beyond Words brings forth powerful and illuminating insight into the unique personalities of animals through extraordinary stories of animal joy, grief, jealousy, anger, and love. The similarity between human and nonhuman consciousness, self-awareness and empathy calls us to re-evaluate how we interact with animals. Wild, passionate, and eye-opening at every turn, Beyond Words is ultimately a graceful examination of humanity's place in the world.

Methods for Manifesting a Life beyond Your Wildest Dreams

Starving the Anger Gremlin

Mindwise

How to Win Friends and Influence People

Banish Your Self-Esteem Thief

Mind Over Mood, Second Edition

A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults

A part of Harper Perennial's special "Resistance Library" highlighting classic works that illuminate the "Age of Trump": A boldly packaged reissue of the classic examination of dangerous nationalist political movements. "Its theme is political fanaticism, with which it deals severely and brilliantly." --New Yorker A stevedore on the San Francisco docks in the 1940s, Eric Hoffer wrote philosophical treatises in his spare time while living in the railroad yards. The True Believer--the first and most famous of his books--was made into a bestseller when President Eisenhower cited it during one of the earliest television press conferences. Called a "brilliant and original inquiry" and "a genuine contribution to our social thought" by Arthur Schlesinger, Jr., this landmark in the field of social psychology is completely relevant and essential for understanding the world today as it delivers a visionary, highly provocative look into the mind of the fanatic and a penetrating study of how an individual becomes one.

Instructional resource for mental health clinicians on using cognitive behavioural therapy with adolescents and young adults This book complements author Paul Stallard's Think Good, Feel Good and provides a range of Cognitive Behaviour Therapy resources that can be used with adolescents and young adults. Building upon that book's core strengths, it provides psycho-educational materials specifically designed for adolescents and young people. The materials, which have been used in the author's clinical practice, can also be utilized in schools to help adolescents develop better cognitive, emotional and behavioural skills. Thinking Good, Feeling Better includes traditional CBT ideas and also draws on ideas from the third wave approaches of mindfulness, compassion focused therapy and acceptance and commitment therapy. It includes practical exercises and worksheets that can be used to introduce and develop the key concepts of CBT. The book starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover techniques used in CBT; the process of CBT; valuing oneself; learning to be kind to oneself; mindfulness; controlling feelings; thinking traps; solving problems; facing fears; and more. Written by an experienced professional with all clinically tested material Specifically developed for older adolescents and young adults Reflects current developments in clinical practice Wide range of downloadable materials Includes ideas from third wave CBT, Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy Thinking Good, Feeling Better: A CBT Workbook for Adolescents and Young Adults is a "must have" resource for clinical psychologists, adolescent and young adult psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with adolescents and young adults including social workers, nurses, practice counsellors, health visitors, teachers and special educational needs coordinators.

Cognitive behavioural therapy has proven to be an effective treatment for anxiety disorders in children and young people. This book provides an overview of CBT and explores how it can be used to help children with anxiety disorders. In Anxiety: Cognitive Behaviour Therapy with Children and Young People Paul Stallard describes the nature and extent of anxiety problems that are suffered in childhood and discusses evidence for the effectiveness of the cognitive behavioural model as a method of treatment. This concise and accessible book, written specifically for the clinician, provides a clear outline of how CBT can be used with children suffering from anxiety disorders in an easy to follow format. The book provides many ideas that can be incorporated into everyday practice, as well as clinical vignettes, case examples, and worksheets for use with the client. This straightforward text will prove essential reading for professionals involved with children who have significant anxiety problems including mental health workers, social services staff and those working in educational settings. The final chapter of this book contains worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility.

Think Good, Feel Good! Cognitive Behavioural Therapy Workbook for Children and Young People John Wiley & Sons

Clinician's Guide to CBT Using Mind Over Mood, Second Edition

Change how You Feel by Changing the Way You Think

Cool Connections with Cognitive Behavioural Therapy

Cognitive Behaviour Therapy to Manage Anxiety

An Easy-to-Use Guide with Clear Rules, Real-World Examples, and Reproducible Quizzes

Think Right Feel Right

Feel Good ! a Good Vibes Coloring Book

Written in an accessible and humorous style, this book teaches you to know what's going on in your mind and how to get your feelings under control. It'll help you adapt and feel better about your place in the world. Psychologist Gwendoline Smith uses her broad scientific knowledge and experience to explain in clear and simple language what's happening when you are feeling overwhelmed, anxious and confused.

A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People

Burnout

What Animals Think and Feel

Talk, Think, Feel

How We Understand What Others Think, Believe, Feel, and Want

Motivation and Inspirational Quotes to Color (Keep Calm and Color It)

Cognitive Behaviour Therapy for Children and Families