



13-week DBT skills training treatment group

<https://libcat.nshealth.ca/en/permalink/chpams35657>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Central Zone. Community Mental Health and Addictions Service

Alternate Title: 13-week dialectical behaviour therapy skills training treatment group
13-week dialectical behavior therapy skills training treatment group

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Psychotherapy, Group
Cognitive Therapy
Dialectical Behavior Therapy
Mindfulness

Subjects (LCSH): Group psychotherapy
Cognitive therapy
Dialectical behavior therapy
Mindfulness-based cognitive therapy

Specialty: Psychiatry

Abstract: The Dialectical Behaviour Therapy (DBT) Group is a skills training group. This group is for people who have a hard time controlling and expressing their emotions effectively. Topics include: how to join the group, when and where the group is held, expectations, and topics covered during sessions.

Responsibility: Community Mental Health and Addictions Service

Pamphlet Number: 1647



Breaking negative thinking patterns : a schema therapy self-help and support book

<https://libcat.nshealth.ca/en/permalink/provcat33520>

Available Online: View e-Book

Author: Jacob, Gitta

Other Authors: Genderen, Hannie van
Seebauer, Laura

Responsibility: Gitta Jacob, Hannie van Genderen and Laura Seebauer

Place of Publication: Chichester, West Sussex, UK

Publisher: John Wiley & Sons

Date of Publication: 2015

Physical Description: 1 online resource (215 p.)

ISBN: 9781118881736

Subjects (MeSH): Cognitive Behavioral Therapy - methods
Negativism
Personality Disorders - therapy
Self-Assessment
Self Care

Subjects (LCSH): Negativism
Schema-focused cognitive therapy

Abstract: Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy; Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns; Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy; Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online; and written by authors closely associated with the development of schema therapy and the schema mode approach.

Format: e-Book

Publication Type: Case Reports
Problems and Exercises

Location: Online



Building competence in mindfulness-based cognitive therapy : transcripts and insights for working with stress, anxiety, depression, and other problems

<https://libcat.nshealth.ca/en/permalink/provcat33530>

Available Online: View e-Book
Author: Sears, Richard W
Responsibility: Richard W. Sears ; foreword by Zindel V. Segal
Place of Publication: New York, NY
Publisher: Routledge
Date of Publication: c2015
Physical Description: 1 online resource, 198 p.
ISBN: 9781135087159
Subjects (MeSH): Cognitive Behavioral Therapy - methods
Mindfulness

Subjects (LCSH): Mindfulness-based cognitive therapy

Abstract: Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based program that combines mindfulness and cognitive therapy techniques for working with stress, anxiety, depression, and other problems.

Building Competence in Mindfulness-Based Cognitive Therapy provides the first transcript of an entire 8-week program. This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.

Format: e-Book
Location: Online



CBT for schizophrenia : evidence-based interventions and future directions

<https://libcat.nshealth.ca/en/permalink/provcat33211>

Available Online: View e-Book

Other Authors: Steel, Craig

Responsibility: edited by Craig Steel

Alternate Title: Cognitive behaviour therapy for schizophrenia

Place of Publication: Chichester, West Sussex, UK

Publisher: Wiley Blackwell

Date of Publication: c2013

Physical Description: 1 online resource, 274 p.

ISBN: 9781118330029 (electronic bk.)

Subjects (MeSH): Cognitive Behavioral Therapy - methods
Evidence-Based Medicine - methods
Schizophrenia - therapy

Subjects (LCSH): Schizophrenia - Treatment
Cognitive therapy

Abstract: Informed by the latest clinical research, this is the first book to assemble a range of evidence-based protocols for treating the varied presentations associated with schizophrenia through Cognitive Behavioural Therapy.

This book: deals with a wide range of discrete presentations associated with schizophrenia, such as command hallucinations, violent behaviour or co-morbid post-traumatic stress disorder; covers work by the world's leading clinical researchers in this field; and includes illustrative case material in each chapter.

Format: e-Book

Location: Online



Changeways treatment group

<https://libcat.nshealth.ca/en/permalink/chpams35665>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Community Mental Health and Addictions Service

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Cognitive Therapy
Psychotherapy, Group
Depression

Subjects (LCSH): Depression, Mental
Group psychotherapy
Cognitive therapy

Abstract: The Changeways group is for people with depression or low mood as their main concern. The group teaches skills in problem-solving and managing your lifestyle to help with your mood. Topics include: when and where the group meets, what you need to bring, who will be there, sharing with the group, and how the group will help you.

Responsibility: Prepared by: Community Mental Health and Addictions Service

Pamphlet Number: 1653



Cognitive behaviour therapy in the real world : back to basics

<https://libcat.nshealth.ca/en/permalink/provcat33046>

Available Online:	View e-Book
Author:	Van Bilsen, Henck
Responsibility:	Henck van Bilsen
Place of Publication:	London, UK
Publisher:	Karnac Books
Date of Publication:	c2013
Physical Description:	1 online resource (301 p.)
ISBN:	9781782410508 9781780490298 (print)
Subjects (MeSH):	Cognitive Behavioral Therapy
Subjects (LCSH):	Behavior therapy Cognitive therapy Mental illness--Treatment
Abstract:	<p>This book is an introduction to cognitive behaviour therapy from a new perspective. The foundations are the underpinning theories of cognitive behaviour therapy (learning theories and cognitive psychology) in combination with a transdiagnostic perspective on mental health problems.</p> <p>A strong case is made for a unified treatment model for mental health problems. The book provides an overview of assessment and formulation strategies that enable therapists to compose individualised treatments for their clients.</p>
Contents:	1. Cognitive behaviour therapy in the front line – 2. Structuring the process of CBT and structuring CBT sessions – 3. Assessment, engagement, and formulation in cognitive behaviour therapy – 4. Cognitive behaviour therapy from a new perspective: different strokes for different folks – 5. Making sense of the facts: formulation and treatment planning in cognitive behaviour therapy – 6. Cognitive behaviour therapy strategies focused on altering antecedent cognitive appraisals – 7. Cognitive behaviour therapy methods for modifying emotion-driven behaviours – 8. Cognitive behaviour therapy techniques focused on preventing emotional avoidance – 9. Measuring competence in cognitive behaviour therapy.
Format:	e-Book
Location:	Online



Confidence and success with CBT : small steps to achieve your big goals with cognitive behaviour therapy

<https://libcat.nshealth.ca/en/permalink/provcat33047>

Available Online: View e-Book
Author: Joseph, Avy
Other Authors: Chapman, Maggie
Responsibility: Avy Joseph and Maggie Chapman
Alternate Title: Confidence and success with cognitive behavior therapy
Place of Publication: Chichester, West Sussex, UK
Publisher: Capstone
Date of Publication: c2013
Physical Description: 1 online resource
ISBN: 9780857083470
Subjects (MeSH): Psychotherapy - methods
Cognitive Behavioral Therapy
Subjects (LCSH): Cognitive therapy
Psychotherapy - Methodology
Contents: Confidence and success – Using cbt – Identify what you want – Gather information – Set achievable goals – Create a plan – Take action – Keep focus on the goal with feedback – Goal achieved? Now what?
Format: e-Book
Location: Online



Experiencing CBT from the inside out : a self-practice/self-reflection workbook for therapists

<https://libcat.nshealth.ca/en/permalink/provcat33526>

Available Online: View e-Book
Author: Bennett-Levy, James
Other Authors: Thwaites, Richard
Haarhoff, Beverly
Perry, Helen
Responsibility: James Bennett-Levy, Richard Thwaites, Beverly Haarhoff ... [et al.] ;
foreword by Christine A. Padesky
Alternate Title: Experiencing cognitive behavior therapy from the inside out
Experiencing cognitive behaviour therapy from the inside out
Place of Publication: New York, NY
Publisher: Guilford Publications
Date of Publication: 2015
Physical Description: 1 online resource (298 p.)
Series Title: Self-Practice/Self-Reflection Guides for Psychotherapists
ISBN: 9781462519132

Subjects (MeSH):	Behavior Therapy Cognition Self
Subjects (LCSH):	Chronic diseases - Psychological aspects Chronically ill - Rehabilitation Cognitive therapy Palliative treatment - Psychological aspects
Abstract:	Engaging and authoritative, this unique workbook enables therapists to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules. Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. The book's large-size format makes it easy to use the 31 reproducible worksheets and forms.
Contents:	Cover ; Feedback from Self-Practice/Self-Reflection(SP/SR) Participants; Half Title; Self-Practice/Self-Reflection Guides for Psychotherapists; Title; Copyright; Dedication; About the Authors; Foreword; Prologue; Acknowledgments; Contents; Chapter 1. Introducing Experiencing CBT from the Inside Out; Chapter 2. Experiencing CBT from the Inside Out: The Conceptual Framework; Chapter 3. Guidance for SP/SR Participants; Chapter 4. Guidance for SP/SR Facilitators; Part I. Identifying and Understanding Unhelpful (Old) Ways of Being; Module 1. Identifying a Challenging Problem – Module 2. Formulating the Problem and Preparing for ChangeModule 3. Using Behavioral Activation to Change Patterns of Behavior; Module 4. Identifying Unhelpful Thinking and Behavior; Module 5. Using Cognitive Techniques to Modify Unhelpful Thinking and Behavior; Module 6. Reviewing Progress; Part II. Creating and Strengthening New Ways of Being; Module 7. Identifying Unhelpful Assumptions and Constructing New Alternatives; Module 8. Using Behavioral Experiments to Test Unhelpful Assumptions against New Alternatives; Module 9. Constructing New Ways of Being – Module 10. Embodying New Ways of BeingModule 11. Using Behavioral Experiments to Test and Strengthen New Ways of Being; Module 12. Maintaining and Enhancing New Ways of Being; Module Notes; References.
Format:	e-Book
Location:	Online



Mindfulness-oriented interventions for trauma : integrating contemplative practices

<https://libcat.nshealth.ca/en/permalink/provcat33528>

Available Online: View e-Book

Other Authors: Follette, Victoria M.

Responsibility: edited by Victoria M. Follette, John Briere, Deborah Rozelle ... [et al.]

Place of Publication: New York, NY

Publisher: Guilford Publications
Date of Publication: c2015
Physical Description: 1 online resource (372 p.)
ISBN: 9781462518609
Subjects (MeSH): Cognitive Behavioral Therapy - methods
Meditation - methods
Mindfulness - methods
Stress Disorders, Traumatic - therapy
Subjects (LCSH): Psychic trauma - Treatment
Mindfulness-based cognitive therapy
Abstract: Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors.

The volume showcases treatment approaches that can be tailored to this population's needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others.

Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.

Contents: Pain and suffering : a synthesis of Buddhist and Western approaches to trauma / John Briere – Healing traumatic fear : the wings of mindfulness and love / Tara Brach – Cultivating self-compassion in trauma survivors / Christopher K. Germer and Kristin D. Neff – Mindfulness and valued action : an acceptance and commitment therapy approach to working with trauma survivors / Jessica Engle and Victoria M. Follette – Dialectical behavior therapy for trauma survivors / Devika R. Fiorillo and Alan E. Fruzzetti – Mindfulness-based cognitive therapy for chronic depression and trauma / J. Mark G. Williams and Thorsten Barnhofer – Eye movement desensitization and reprocessing and Buddhist practice : a new model of posttraumatic stress disorder treatment / Deborah Rozelle and David J. Lewis – The internal family systems model in trauma treatment : parallels with Mahayana Buddhist theory and practice / Richard C. Schwartz and Flint Sparks – Teaching mindfulness-based stress reduction and mindfulness to women with complex trauma / Trish Magyari – Focusing-oriented psychotherapy : a contemplative approach to healing trauma / Doralee Grindler Katonah – Yoga for complex trauma / David Emerson and Elizabeth K. Hopper – Harnessing the seeking, satisfaction, and embodiment circuitries in contemplative approaches to trauma / James W. Hopper – An interpersonal neurobiology approach to developmental trauma : the possible role of mindful awareness in treatment / Daniel J. Siegel and Moriah Gottman – Embedded relational mindfulness : a sensorimotor psychotherapy perspective on the treatment of trauma / Pat Ogden – Mindfulness-based stress reduction for underserved trauma populations / Mary Ann Dutton – Mindfulness in the treatment of trauma-related chronic pain / Ronald D. Siegel – Mindfulness-based stress reduction and loving-kindness meditation for veterans with trauma / David J. Kearney – Treating childhood trauma with mindfulness / Randy J. Semple and Laila A. Madni – Mindfulness and meditation for trauma-related dissociation / Lynn C. Waelde – Focusing-oriented therapy with an adolescent sex offender / Robert A. Parker – Intensive Vipassana meditation practice for prisoners with trauma / Jenny Phillips and James W. Hopper – Cognitively based compassion training for adolescents / Brooke Dodson-Lavelle, Brendan Ozawa-de Silva, Geshe Lobsang Tenzin Negi, and Charles L. Raison.

Format: e-Book

Location: Online



Raising self-esteem in adults : an eclectic approach with art therapy, CBT and DBT based techniques

<https://libcat.nshealth.ca/en/permalink/provcat33525>

Available Online: View e-Book

Author: Buchalter, Susan I

Responsibility: Susan I. Buchalter

Alternate Title: An eclectic approach with art therapy, cognitive behavior therapy and dialectical behavior therapy based techniques
An eclectic approach with art therapy, cognitive behaviour therapy and dialectical behaviour therapy based techniques

Place of Publication: London, UK

Publisher: Jessica Kingsley Pub.

Date of Publication: c2015

Physical Description: 1 online resource (288 p.)

ISBN: 9780857008213

Subjects (MeSH): Self Concept
Cognitive Behavioral Therapy
Borderline Personality Disorder - therapy
Art Therapy

Subjects (LCSH): Self-esteem
Art therapy
Cognitive therapy
Dialectical behavior therapy
Self Concept
Adolescent
Adult
Attention-deficit disorder in adolescence - Treatment

Abstract: A rich assortment of 284 exercises grounded in evidence-based principles of art therapy, dialectical behavioral therapy and cognitive behavioral therapy, to suit a variety of clientele, including those suffering from depression, anxiety, bipolar disorder and schizophrenia, all designed to raise self-esteem - a crucial foundation of wellness.

Contents: Acknowledgments; Preface; Introduction; 1. Art Therapy; 2. Cognitive Behavioral Therapy; 3. Dialectical Behavioral Therapy; 4. Mindfulness; 5. Self-Awareness; 6. Self-Care; 7. Reflective Writing; 8. Diverse Directives; 9. How to Lead a Healthier, Happier, More Fulfilling Life; Bibliography; Index.

Format: e-Book

Location: Online



The schema therapy clinician's guide : a complete resource for building and delivering individual, group and integrated schema mode treatment programs

<https://libcat.nshealth.ca/en/permalink/provcat33531>

Available Online: View e-Book

Author: Farrell, Joan M

Other Authors: Reiss, Neele
Shaw, Ida A
Finkelmeier, Britta

Responsibility: Joan M. Farrell, Neele Reiss, and Ida A. Shaw ; illustrations by Britta Finkelmeier

Place of Publication: Chichester, West Sussex, UK

Publisher: John Wiley & Sons

Date of Publication: c2014

Physical Description: 1 online resource (xviii, 329 p.)

ISBN: 9781118509142 (electronic bk.)

Subjects (MeSH): Psychotherapy - methods - handbooks
Personality disorders - therapy - handbooks
Psychotherapy, groups - methods - handbooks

Subjects (LCSH): Psychotherapy - methods - Handbooks
Personality Disorders - therapy - Handbooks
Psychotherapy, Group - methods - Handbooks
Psychotherapy - Handbooks, manuals, etc
Schema-focused cognitive therapy - Handbooks, manuals, etc
Psychotherapy
Schema-focused cognitive therapy

Abstract: The Schema Therapy Clinician's Guide is a complete clinical resource for psychotherapists implementing schema therapy, group schema therapy or a combination of both in a structured, cost-effective way. The authors provide ready-made individual and group sessions with patient hand-outs.

A unique resource providing ready-made individual and group schema therapy sessions, linked across schema modes, allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six week intensive program to a one year outpatient treatment.

Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders, thus increasing clinical flexibility and ensuring shelf life through changes in diagnostic classification. Provides step-by-step instructions and tips for therapists, along with a wealth of unique clinical resources including sample scripts, handouts, session exercises, assignment forms and patient materials.

Contents: Basics of schema therapy – The integrated schema therapy treatment program – The group schema therapy sessions – The individual schema therapy sessions – Training, supervision, research and concluding remarks.

Format: e-Book

Location: Online



Yoga and mindfulness based cognitive therapy : a clinical guide

<https://libcat.nshealth.ca/en/permalink/provcat34076>

Available Online: View e-Book

Author: Pradhan, Basant

Responsibility: Basant Pradhan

Place of Publication: Cham, Switzerland

Publisher: Springer

Date of Publication: c2015

Physical Description: 1 online resource (xxvi, 244 pages)

ISBN: 9783319091051 (electronic bk.)
9783319091044

Subjects (MeSH): Cognitive Behavioral Therapy - methods
Mindfulness
Yoga

Subjects (LCSH): Mindfulness-based cognitive therapy
Yoga - Therapeutic use

Contents: Part I. Demystification – 1. Yoga: Original Concepts and History – 2. Yoga, Mind, and the Psychosomatics – 3. Brain, Mind, and Soul: Bridging the Gap – Part II. Standardization – 4. Methods in Yoga and Mindfulness – 5. Attempts at Standardization – Part III. Application – 6. Yoga, Mindfulness, and Mentalization: Central Role of Attention and Compassion – 7. Yoga and Mindfulness-Based Cognitive Therapy (Y-MBCT®): Use of Yoga in Its Entirety – 8. Yoga in Maintenance of Psychophysical Health.

Format: e-Book

Location: Online