



Resources for clients & clinicians 2012

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OCTC booklets for clients

Members of OCTC and the Oxford Adult Psychology service have for many years had a strong interest in cognitive-behavioural self-help approaches for clients with psychological problems. They have produced a number of booklets for clients and their families, with the aims of educating them about particular problems, providing preparation and support for cognitive-behavioural treatment (CBT), and offering self-help approaches. The booklets are short and easy to read, and thus more likely to be used by people who might be put off by full-length books. Thousands of copies are already in use, and some have been translated into other languages. They are available at very low prices – most cost £2.75 or less.

OCTC EDUCATIONAL BOOKLETS

These are relatively short and aim mainly to educate clients about the nature of their problems, with only a brief note about treatment. They are particularly useful as a preparation for treatment which is to be carried out by a therapist.

- ***Bulimia Nervosa*** by Linette Whitehead, Ioana Davies & Esther Cohen-Tovée
- ***Anorexia Nervosa*** by Linette Whitehead & Vanessa Clinton
- ***Binge eating disorder*** by Linette Whitehead

OCTC SELF-HELP BOOKLETS

These are longer, and aim to give clients more detailed advice on coping strategies which they may try out for themselves before, during or after therapy.

- ***Managing Anxiety***^{*} by Gillian Butler
A general approach to managing anxiety states of many kinds. This booklet is recommended in ‘Guidelines for the management of patients with generalised anxiety’ in the Royal College of Psychiatrists’ Psychiatric Bulletin.
- ***Controlling Anxiety*** by Melanie Fennell & Gillian Butler.
A more cognitive approach to the management of anxiety states. Treatment based on this booklet has been shown to be more effective than a purely behavioural treatment.
- ***Overcoming Social Anxiety*** by Gillian Butler.
A cognitive-behavioural approach to the management of social anxiety and social phobia.
- ***Understanding Health Anxiety*** by Christine Küchemann & Diana Sanders.
A cognitive-behavioural approach to understanding and managing worries about health.
- ***Understanding Panic*** by David Westbrook & Khadija Rouf.
Information and self-help for people with panic attacks, based on a cognitive model.
- ***Managing Depression*** by David Westbrook.
This booklet contains information and cognitive self-help advice for people who are depressed. It was one of only two patient information sources rated ‘5 stars’ by the Centre

* Also available in Gujarati & Hindi

for Evidence-Based Mental Health in the NHS Direct Online ‘Depression Month’, October 2000.

- ***How to Relax*** by Rachel Norris & Christine Küchemann.
A basic package, consisting of an audiotape and an instruction sheet, which guide the user through a series of relaxation exercises. Now also available on CD instead of tape (same price).
- ***Managing Anxiety: a user’s manual*** by Helen Kennerley.
An eight-part self-help programme for managing anxiety. This package also includes the ‘How to relax’ relaxation tape / CD, as above.
- ***Overcoming Phobias*** by Diana Sanders.
A CBT approach to dealing with specific phobias such as insects, animals, blood & needles, loud noises or enclosed spaces.
- ***Managing Obsessive-Compulsive Disorder*** by David Westbrook & Norma Morrison.
A greatly revised & expanded version of the original OCD booklet, updated to include more cognitive approaches and detailed self-help advice.
- ***Building Self Esteem*** by Helen Jenkins & Melanie Fennell.
A cognitive-behavioural approach to understanding and overcoming low self-esteem, including detailed advice on how self-help strategies can be used to build self-esteem.
- ***Recovering from PTSD*** by Martina Mueller.
A cognitive-behavioural approach to making sense of, and recovering from, Post-traumatic Stress Disorder, including a detailed description of helpful ways to manage symptoms and come to terms with trauma memories.
- ***Overcoming Eating Disorders*** by Linette Whitehead.
A cognitive-behavioural approach to overcoming eating disorders, focusing on getting ready to change, providing suggestions for how to manage key eating disorder features, and how family and friends can help.
- ***Managing Psychosis*** by Helen Close, Khadija Rouf & Kate Rosen.
This booklet for people suffering with psychosis describes how one can understand and manage psychotic symptoms using CBT.
- ***Managing Psychosis: a guide for relatives, carers & friends*** by Khadija Rouf, Helen Close & Kate Rosen.
This booklet, complementary to the one above, is aimed at families and friends of people who are suffering with psychosis.

Keep an eye on our website at www.octc.co.uk for news about publication of new booklets.

Other self-help books

THE 'OVERCOMING' SERIES

This series, published by Constable Robinson and featuring several OCTC authors, is generally regarded as the best series of CBT self-help books in the UK. The series includes:

- *Overcoming Anxiety* by Helen Kennerley. Available in the original edition or in the new 3-part 'workbook' format
- *Overcoming Low Self-Esteem* by Melanie Fennell. Available in the original edition or in the new 3-part 'workbook' format
- *Overcoming Trauma* by Helen Kennerley
- *Overcoming Social Anxiety and Shyness* by Gillian Butler. Available in the original edition or in the new 3-part 'workbook' format
- *Overcoming Anorexia Nervosa* by Christopher Freeman
- *Bulimia Nervosa and Binge-Eating* by Peter Cooper
- *Overcoming Depression* by Paul Gilbert [Revised 3rd edition]
- *Overcoming Mood Swings* by Jan Scott
- *Overcoming Anger and Irritability* by William Davies
- *Overcoming Obsessive-Compulsive Disorder* by David Veale & Rob Willson
- *Overcoming your child's fears and worries* by Cathy Creswell & Lucy Willetts
- *Overcoming your child's shyness...* by Cathy Creswell & Lucy Willetts

OTHER SELF-HELP BOOKS

- *Manage Your Mind, 2nd edition* by Gillian Butler & Tony Hope [OUP]
- *Mind over Mood* by Dennis Greenberger & Christine Padesky [Guilford]
- *Understanding your Reactions to Trauma* by Claudia Herbert [Blue Stallion]
- *The Mindful Way Through Depression* by Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn. Includes CD of meditations [Guilford]

Mindfulness CDs

- A set of six CDs covering all the practices used in Oxford's Mindfulness Based Cognitive Therapy programme by Mark Williams *et al.* [Updated Sep 2011]

OCTC booklets for clinicians

The first of a new series of OCTC booklets for clinicians:

- ***Socratic Method*** by Helen Kennerley

This brief therapist guide to Socratic method demystifies a core technique of CBT. It explains just what we mean by Socratic enquiry and offers guidelines for developing it as an effective skill. The text is rich in clinical examples and is highly readable and accessible to all levels of clinician.

Other books for clinicians

Selected books on CBT by OCTC staff and associates:

- ***An Introduction to CBT: Skills & Applications, 2nd edition*** by David Westbrook, Helen Kennerley & Joan Kirk [SAGE]
- ***Oxford Guide to Surviving as a CBT Therapist*** edited by Martina Mueller, Helen Kennerley, Freda McManus & David Westbrook [OUP]
- ***Oxford Guide to Behavioural Experiments in Cognitive Therapy*** edited by James Bennett-Levy, Gillian Butler, Melanie Fennell, Ann Hackmann, Martina Mueller & David Westbrook [OUP]
- ***CBT for Anxiety Disorders: Mastering Clinical Challenges*** by Gillian Butler, Melanie Fennell & Ann Hackmann [Guilford Press]
- ***Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide*** edited by Keith Hawton, Paul Salkovskis, Joan Kirk & David Clark [OUP]
- ***Clinician's Guide to Mind over Mood*** by Dennis Greenberger & Christine Padesky [Guilford]
- ***Mindfulness Based Cognitive Therapy for Depression*** by Zindel Segal, Mark Williams & John Teasdale [Guilford]
- ***Cognitive Therapy: An Introduction*** by Diana Sanders & Frank Wills [Sage]
- ***The Psychology of Bulimia Nervosa*** by Myra Cooper [OUP]

Order Form

<i>Title</i>		<i>Quantity</i>	<i>Per copy</i>	<i>Total</i>
OCTC SELF-HELP BOOKLETS				
Bulimia Nervosa		_____	£2.25	£_____
Anorexia Nervosa		_____	£2.75	£_____
Binge eating disorder		_____	£2.25	£_____
Managing anxiety (<i>Indicate if Gujarati or Hindi required</i>)		_____	£2.75	£_____
Controlling anxiety		_____	£2.75	£_____
Overcoming social anxiety		_____	£2.75	£_____
Understanding health anxiety		_____	£2.75	£_____
Understanding panic		_____	£2.75	£_____
Managing depression		_____	£2.75	£_____
How to relax	Tape <input type="checkbox"/> or CD <input type="checkbox"/>	_____	£2.75	£_____
Managing anxiety: a user's manual	Tape <input type="checkbox"/> or CD <input type="checkbox"/>	_____	£5.75	£_____
Overcoming phobias		_____	£2.75	£_____
Managing OCD		_____	£2.75	£_____
Building self esteem		_____	£2.75	£_____
Recovering from PTSD		_____	£2.75	£_____
Overcoming eating disorders		_____	£2.75	£_____
Managing psychosis (for clients)		_____	£2.75	£_____
Managing psychosis (for family / friends)		_____	£2.75	£_____
OTHER SELF-HELP BOOKS				
Overcoming Anxiety	Original	_____	£10.99	£_____
	Workbook version	_____	£21.00	£_____
Overcoming Low Self-Esteem	Original	_____	£10.99	£_____
	Workbook version	_____	£21.00	£_____
Overcoming Childhood Trauma		_____	£10.99	£_____
Overcoming Social Anxiety & Shyness	Original	_____	£10.99	£_____
	Workbook version	_____	£21.00	£_____
Overcoming Anorexia Nervosa		_____	£10.99	£_____
Bulimia Nervosa and Binge-Eating		_____	£10.99	£_____
Overcoming Depression		_____	£12.99	£_____
Overcoming Mood Swings		_____	£10.99	£_____
Overcoming Anger and Irritability		_____	£10.99	£_____
Overcoming Obsessive-Compulsive Disorder		_____	£10.99	£_____
Overcoming your child's fears and worries		_____	£10.99	£_____
Overcoming your child's shyness and society anxiety		_____	£10.99	£_____
Manage Your Mind, 2 nd edition		_____	£14.99	£_____

<i>Title</i>	<i>Quantity</i>	<i>Per copy</i>	<i>Total</i>
Mind over Mood	_____	£16.95	£_____
Understanding Your Reactions to Trauma	_____	£6.99	£_____
The Mindful Way Through Depression	_____	£14.95	£_____

MINDFULNESS CDS

Set of six Mindfulness CDs	_____	£23.00	£_____
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OCTC & OTHER BOOKS FOR CLINICIANS

Socratic Method booklet	_____	£2.75	£_____
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An Introduction to CBT: Skills & Applications (2 nd ed.)	_____	£24.99	£_____
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Oxford Guide to Behavioural Experiments in Cognitive Therapy	_____	£32.95	£_____
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CBT for Anxiety Disorders: Mastering Clinical Challenges	_____	£27.95	£_____
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Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide	_____	£34.95	£_____
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Clinician's Guide to Mind over Mood	_____	£21.00	£_____
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Mindfulness Based Cognitive Therapy for Depression	_____	£32.50	£_____
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Cognitive Therapy: An Introduction	_____	£22.99	£_____
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The Psychology of Bulimia Nervosa	_____	£38.00	£_____
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Oxford Guide to Surviving as a CBT Therapist	_____	£29.95	£_____
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I enclose cash, or a cheque to **Oxford Health NHS Foundation Trust** for £_____

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Please send this form with payment to: **Booklets Secretary, OCTC, Warneford Hospital, Oxford OX3 7JX.**

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