



## Resources for clients & clinicians 2013

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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***<sup>\*</sup> 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

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\* 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 audio CD (or cassette tape) and an instruction sheet, which guide the user through a series of relaxation exercises.
- ***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.
- ***Changing perfectionism*** by Sarah Egan, Roz Shafraan & Tracey Wade.   
Perfectionism can be associated with a range of mental health problems and can interfere with many aspects of life. This booklet uses cognitive behavioural methods to help understand the nature of clinical perfectionism and what can be done to change it.
- ***Keep safe and carry on: coping with suicidal feelings*** by Khadija Rouf.   
This booklet shows that there is hope for recovery by managing suicidal feelings in a range of ways. It contains strategies from current research and best clinical practice can be useful to patients, family members, carers and clinicians alike. With practice, time and support, the ideas described here can help to restore a sense of hope and meaning.

## 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 Childhood 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, 2<sup>nd</sup> 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, 2<sup>nd</sup> 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]

# Order Form

<i>Title</i>	<i>Quantity</i>	<i>Per copy</i>	<i>Total</i>	
<b>OCTC SELF-HELP BOOKLETS</b>				
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	<b>Tape</b> <input type="checkbox"/> or <b>CD</b> <input type="checkbox"/>	£2.75	£_____	
Managing anxiety: a user's manual	<b>Tape</b> <input type="checkbox"/> or <b>CD</b> <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	£_____	
Changing perfectionism	_____	£2.75	£_____	
Keep safe & carry on: coping with suicidal feelings	_____	£2.75	£_____	
<b>OTHER SELF-HELP BOOKS</b>				
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	£_____	

<i>Title</i>	<i>Quantity</i>	<i>Per copy</i>	<i>Total</i>
Manage Your Mind, 2 <sup>nd</sup> edition	_____	£14.99	£_____
Mind over Mood	_____	£17.99	£_____
Understanding Your Reactions to Trauma	_____	£6.99	£_____
The Mindful Way Through Depression	_____	£15.99	£_____

### **MINDFULNESS CDS**

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

Socratic Method booklet	_____	£2.75	£_____
An Introduction to CBT: Skills & Applications (2 <sup>nd</sup> ed.)	_____	£26.99	£_____
Oxford Guide to Behavioural Experiments in Cognitive Therapy	_____	£32.99	£_____
CBT for Anxiety Disorders: Mastering Clinical Challenges	_____	£33.99	£_____
Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide	_____	£34.99	£_____
Clinician's Guide to Mind over Mood	_____	£23.99	£_____
Mindfulness Based Cognitive Therapy for Depression	_____	£34.99	£_____
Cognitive Therapy: An Introduction (new edition 2012)	_____	£24.99	£_____
Oxford Guide to Surviving as a CBT Therapist	_____	£29.99	£_____

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.**

*Orders cannot be accepted without payment  
Discounts available for large orders — please ring for details*

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