Schema therapy for BPD.

Cognitive therapy for challenging problems: What to do when the basics don’t work.
New York: Guilford Press.

Clinical Formulation.

Impact of case formulation in cognitive behaviour therapy for psychosis.
Behaviour Research and Therapy, 41, 671-680.

Cognitive Behavioural Approaches to Understanding and Treating Dissociation.
Hove: Routledge.

Collaborative Case Conceptualization: working effectively with clients in cognitive- behavioural therapy.
New York, Guilford Press.

Dialectical Behaviour Therapy: Cognitive Behaviour Therapy for Borderline Personality Disorder.
New York, Guilford

*Interpersonal process in CT
Basic Books.

Sussex, Routledge.

*An Introduction to Cognitive Behaviour Therapy: Skills and Application.
London, Sage.
This is a Guided Reading Module that should be taken as an essential part of their course by delegates who work towards BPS LC Approved Master Practitioner Diploma in CBT.

For delegates who only attend single modules it is an optional extra.

Evidenced Reading Modules are part of the Diploma’s self-directed learning components.

This particular Module consists of the above reference list and because there are titles in the list that delegates will have to purchase or source in the library to read, this module is not time restrained and comes FREE of charge.

This is to delegates own discretion to decide how many books they would like to study on a topic and to assess whether they have done sufficient reading to grasp the topic.

Once the delegate is satisfied with their understanding of the topic, they need to complete the test and inform SDS (within the test http://hosted.onlinetesting.net/skillsdevelopmentservice/login/Complex_Cases) about the number of books they have studied on the topic. After that the reading hours will be recorded in their individual Training Log.