

## Recommended Books

- Barlow, D. H. (Ed.). (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed.). The Guilford Press ISBN-10 1462513263
- Castonguay, L. G. & Oltmanns, T. F. (2013). *Psychopathology from science to clinical practice*. New York: Guilford Press. ISBN-10 1462528813
- Cormier, S., Nurius, P., Osborn. (2017). *Interviewing strategies for helpers* (8<sup>th</sup> ed.). ISBN-13: 978-1305271456
- Heitler, S. (1990) *From Conflict to Resolution: Skills and Strategies for Individuals, Couples, and Family Therapy*. ISBN-13: 978-0393310931
- Mash, E. (2014). *Child Psychopathology, Third Edition*, ISBN-13: 978-1462516681
- Mitchell, S. (2016) *Freud and Beyond: A History of Modern Psychoanalytic Thought*. ISBN-13: 978-0465098811
- Morrison, J. (2014). *DSM-5 Made Easy: The clinician's guide to diagnosis*. New York: Guilford Press. ISBN-10 9781462514427
- Neenan, M., DiGiuseppe, R., Dryden, W. (2010). *A Primer on Rational Emotive Behavior Therapy*. ISBN-13: 978-0878226368
- Okun, B. & Kantrowitz (2015). *Effective helping: Interviewing and counseling techniques* (8<sup>th</sup> ed.). ISBN-13: 978-1285161594
- Riggenbach, J (2021). *The CBT Toolbox, Second Edition: 185 Tools to Manage Anxiety, Depression, Anger, Behaviors & Stress*. ISBN-13: 978-1683732792
- Kate Collins-Donnelly (CBT Workbooks)
- Starving the Anger Gremlin
  - Starving the Anxiety Gremlin
  - Starving the Depression Gremlin
  - Starving the Stress Gremlin
  - Banish your Self-Esteem Thief
  - Banish your Body Image Thief