

# Detailed resource information

## Alcohol

### 1. So You Want to Cut Down Your Drinking?

by NHS Health Scotland (2003).

Booklet

Intensity: Medium

A self-help-booklet for people who wish to cut down their drinking. Topics include: the effects of alcohol, reasons for drinking, and reasons to cut down drinking. The booklet provides a step-by-step programme on how to cut down drinking and offers practical strategies and advice.

### 2. The Things You Do That Mess You Up and How to Stop Doing Them.

by Dr Chris Williams (2007).

Booklet

Intensity: Low

One of the “Little CBT” self-help booklets for people who have developed problem behaviours, including excessive drinking. This brief and straight forward resource outlines a problem solving approach which encourages the reader to identify their own solutions to tackle their problem behaviours. It has been designed to be easily accessible. It is ideally suited for individuals who want some clear advice so that they can turn things around quickly.

## Anger Management

### 3. Overcoming Anger: When Anger Helps and when it Hurts.

by Windy Dryden (1996).

Book

Intensity: High

A self-help book about anger. Based on cognitive behavioural and rational emotive behavioural therapy, the book describes what anger is. It aims to help the reader to recognize whether their anger is justified and to accept and overcome different forms of anger. Chapters cover issues such as: healthy vs. unhealthy anger, what might or might not be a problem, and how to change and deal with unhealthy anger. The book contains practical tables and diagrams. Whilst this is a short text it is fairly complex.

### 4. Overcoming Anger and Irritability: A Self-Help Guide using Cognitive Behavioural Techniques.

by William Davies (2008).

Book

Intensity: Medium

A self-help book for people who are constantly irritable and angry. Based on cognitive behavioural techniques, the book aims to help the reader to understand why such behaviours occur and what can be done to prevent them. With reference to real case studies, the book encourages the reader to keep an “anger diary” and then to analyse how angry incidents occur. It helps readers look at situations differently so that anger occurs less frequently.

### 5. Are You Strong Enough to Keep Your Temper?

by Dr Chris Williams (2008).

Booklet

Intensity: Low

One of the “Little CBT” self-help booklets for people who have difficulty controlling their temper. This booklet offers simple advice and practical strategies on how to gain control over anger. It has been designed to be easily accessible. It is ideally suited for individuals who want some clear advice so that they can turn things around quickly.

# Anxiety

## 6. Overcoming Anxiety: A Five Areas Approach.

by Chris Williams (2003).

Book

Intensity: Medium

A series of short, self-help workbooks which cover a wide range of common anxiety difficulties including: panic attacks, phobias, OCD, generalized anxiety and physical health worries. Developed in liaison with practitioners and users the course allows access to the proven CBT approach to treatment. Each workbook is designed to offer accessible and jargon free information. Carefully sequenced questions are designed to bring about change in how the person thinks and what they do in order to improve how they feel.

## 7. The Anxiety and Phobia Workbook.

by Edward Bourne (2005).

Book

Intensity: Medium

A self-help manual based on CBT for people suffering from: panic attacks, agoraphobia, social fears, generalised anxiety, obsessive compulsive behaviours and other anxiety disorders. Step-by-step guidelines, questionnaires and exercises help the reader to learn skills and make lifestyle changes necessary to achieve a lasting change. The chapters cover: the causes of anxiety disorders, relaxation, help with panic and phobias, negative self talk, beliefs, visualization, assertiveness, self-esteem, nutrition, and medication. The book is quite long and may require some motivation to begin with.

## 8. Feel the Fear and Do it Anyway.

by Susan Jeffers (2007).

Book/ Audio CD

Intensity: High

Available in written and CD format, this self-help resource offers advice and strategies on how to cope with fears of various kinds. Such fears include: public speaking, asserting yourself, making decisions, intimacy; changing jobs, being alone, ageing, driving, losing a loved one, and ending a relationship. The books basic premise is that; your aim should not be to get rid of your fears. You should feel your fear, but not let it stop you from doing things you really want to do. The book contains many illustrative stories and exercises that the reader can try themselves.

## 9. Coping with Anxiety

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Medium

A self-help CD about how to cope with anxiety. It describes, in detail, strategies for relieving anxiety including: how and why people feel anxious, how to cope with panic attacks, and teaches a relaxation programme and breathing exercises.

## 10. Living Life to the Full

by Dr Chris Williams (2008).

DVD

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

## 11. Living Life to the Full

By Dr Chris Williams (2001).

Free online CBT Course

Intensity: Low

This is a free, online, life skills resource for individuals with anxiety, depression or low mood. The website has been devised by one of Scotland's leading experts in CBT, Dr Chris Williams. The course helps users choose key life areas to change and encourages them to change the way they think and to respond in new ways to the many life challenges we face on a day to day basis. Modules include: understanding why we feel as we do, practical problem solving skills, relaxation, overcoming reduced activity; using medication effectively, noticing unhelpful and helpful thinking; healthy living, and staying well. The modules can be completed from any computer with internet access. Users can also choose to have the modules spoken aloud, making this a useful resource for individuals with literacy problems.

## Assertiveness

### 12. Assertiveness Step-by-Step

by Windy Dryden and Daniel Constantinou (2004).

Book

Intensity: High

This self-help book discusses what assertion is and deals with fears about being assertive. Based on the principles of Rational Emotive Behavioural Therapy and CBT, the book covers specific skills including assertion of positive emotion, adapting assertion and being assertive in specific situations. There are sections on how to implement assertion, maintaining the practice of being more assertive, communication styles, how to be assertive, listening skills and negotiation.

## Bereavement

### 13. Living with Loss

by Liz McNeill Taylor (2000).

Book

Intensity: Medium

Drawing from personal experience and from interviews with other bereaved people, Liz McNeill Taylor has created a survival handbook for the widowed showing how, over time; the healing process can be assisted. The book discusses her own progression from grief and despair to anger and then adjustment, and describes how she learned to enjoy life again. The book also covers issues such as money, sex and raising children alone. This book aims to show how best to heal oneself and how to build a new life making the most of friends, organisations and resources which help the bereaved.

### 14. Coping with Bereavement

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Low

This CD describes how to cope with the feelings of grief and offers reassurance and comfort as well as practical advice. The speakers include medical and bereavement professionals who have many years of experience working with the bereaved. The programme describes: coping with loss, different types of death, grief and the family, other people's reactions to your grief, helping children and teenagers and how to start building a new life.

## Childhood Sexual Abuse

### 15. Overcoming Childhood Trauma

by Helen Kennerly (2000).

Book

Intensity: Medium

A CBT based self-help book for those who have suffered emotional/physical/sexual abuse in childhood and now suffer with the legacy of this. This book aims to help the sufferer understand the links between past trauma and present difficulties and offers ways to gain control over these problems, allowing the reader to deal with intrusive memories, manage mood swings and build better relationships in adulthood.

### 16. Beginning to Heal:

#### **A First Book for Men and Women who were Sexually Abused as Children.**

by Ellen Bass and Laura Davis (2003).

Book

Intensity: Low

This short self-help book is for adult survivors of sexual abuse in childhood. Part one focuses on the healing process, with part two focusing on five detailed case examples. The chapters are short and easy to read. There are practical examples of how to cope in a crisis, including advice if the reader feels suicidal. Relevant issues covered are how to change, resolution and moving on. The case examples of people who have dealt with some awful experiences instil hope in the reader. The key message is; however traumatic the abuse might have been survivors can not only heal, but thrive.

## Depression

### 17. Overcoming Depression:

#### **A Self-Help Guide using Cognitive Behavioural Techniques**

by Paul Gilbert (book, 2000, audio CD, 2007).

Book/Audio CD

Intensity: High

Available in written and CD formats, this self-help resource is for people with depression. Based on cognitive behavioural techniques, this resource is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood. Bestselling author and leading depression expert Professor Paul Gilbert explores different aspects of depression including, the nature of depression, how thoughts and feelings are related, how to look after our body and help it recuperate, relaxation - advice and techniques, the role that our styles of thinking play in depression, self-criticism, being kind and compassionate to oneself, becoming more active and exploring different ways to think about and tackle life's challenges.

### 18. Overcoming Depression: A Five Areas Approach

by Dr Chris Williams (2006).

Book

Intensity: Medium

A series of short, self-help workbooks for people with low mood and depression. Developed in liaison with a wide range of experts, the course provides access to the proven cognitive behavioural therapy approach. Providing accessible information and teaching key life skills the workbooks provide practical and effective ways to help the reader improve how they feel. Chapters cover problem solving, assertiveness, increasing activity, sleep problems challenging negative thinking and healthy living.

## 19 . Little CBT Books

by Dr. Chris Williams (2007).

Booklets

Intensity: Low

A series of short self-help booklets written by Dr Chris Williams. Based on the CBT approach these booklets have been carefully designed to be easily accessible. Titles relating to depression and low mood include: write it all over the bathroom mirror and 14 other ways to get the most out of the little books, why do I feel so bad?, I feel so bad I can't go on, I can't be bothered doing anything, 10 things you can do to feel happier straight away, why does everything always go wrong and other bad thoughts you can beat, the things you do that mess you up and how to stop doing them, and how to fix almost anything in 4 easy steps. These booklets are ideally suited for individuals who want some clear advice so that they can change things around quickly.

## 20. Living Life to the Full

by Dr Chris Williams (2008).

DVD

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

## 21. Living Life to the Full [www.livinglifetothefull.com](http://www.livinglifetothefull.com)

by Dr Chris Williams (2001).

Online CBT Course

Intensity: Low

This is a free, online life skills resource for individuals with anxiety, depression or low mood. The website has been devised by one of Scotland's leading experts in CBT, Dr Chris Williams. The course helps users choose key life areas to change and encourages them to change the way they think and to respond in new ways to the many life challenges we face on a day to day basis. Modules include: understanding why we feel as we do, practical problem solving skills, relaxation, overcoming reduced activity, using medication effectively, noticing unhelpful and helpful thinking, healthy living; and staying well. The modules can be completed from any computer with internet access. Users can also choose to have the modules spoken aloud, making this a useful resource for individuals with literacy problems.

## 22. MoodGYM <http://moodgym.anu.edu.au/>

The Centre for Mental Health Research, Australian National University.

Online CBT Course

Intensity: Low

A free, online self-help course to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. Scientific trials evaluating MoodGYM, have shown that the using two or more modules is linked to significant reductions in depression and anxiety symptoms. The trials also found that these benefits still last after 12 months.

# Eating Disorders

## 23. Breaking Free from Anorexia Nervosa

### A Survival Guide for Families, Friends and Sufferers

by Janet Treasure (1997).

Book

Intensity: Low

A self-help guide focusing on anorexia and the effects it can have on patients and their families. Acknowledging that anorexia can lead to strong emotions, the book deals with the recognition of anorexia, issues of blame and denial and helpful and unhelpful responses of family members. The book describes practical steps that can help recovery, nutritional aspects and health hazards amongst a wealth of sensible information.

## 24. Getting Better Bit(e) by Bit(e)

by Ulrike Schmidt and Janet Treasure (1993).

Book

Intensity: Low

A self-help book, whose efficacy has been proven in clinical trials, for people with eating disorders principally bulimia nervosa. It quotes many real life examples of problems faced by people with eating disorders. Reflecting on clinical findings it provides step-by-step advice for dealing with bulimia, concentrating on key behavioural changes. Issues covered include: coping with binges, cravings and urges, achieving optimal weight, giving up laxatives and diuretics, healing childhood emotional wounds, correcting faulty thinking, being assertive, avoiding reliance on drink and drugs and dealing with problems in relationships and work.

# Gambling

## 25. Overcoming Compulsive Gambling

by Alex Blaszczynski (1998).

Book

Intensity: Medium

A self-help book dealing with compulsive gambling problems. Based on CBT techniques, this book consists of a definition and discussion of the issues followed by a step-by-step recovery programme. There is background information about what gambling actually is, the effects of problem gambling on the individual and on others around them. The book is comprehensive and motivational.

# General Mental Health

## 26. Mind Over Mood

by Dennis Greenberger and Christine Padesky (1995).

Book

Intensity: Low

A self-help workbook based on CBT for readers suffering from depression, panic attacks, eating disorders, substance abuse and relationship difficulties. The book includes numerous case examples and written exercises including sample worksheets. The guide focuses on specific emotional problems and provides step-by-step instructions for identifying negative automatic thoughts and replacing them with realistic and more positive thoughts.

## 27. Manage Your Mind: A Mental Fitness Guide

by Gillian Butler and Tony Hope (2007).

Book

Intensity: Medium.

A self-help book written by two leaders in their fields, a psychologist and a psychiatrist. The book sets out strategies designed to stretch, strengthen, and tune the mind to help the reader cope with the rigours of everyday life. Chapters include: building self confidence, overcoming anxiety and depression, taking positive control of your present and future, establishing and maintaining relationships, dealing with worry, breaking bad habits, stress, and time management.



### **28. Reinventing Your Life**

by Jeffery Young & Janet Klosko (1998).

Book

Intensity: High

This self-help book tackles the difficult issues faced by people with personality problems. Drawing on the techniques and principles of cognitive therapy the book addresses eleven chronic, self-defeating personality patterns known in the book as life traps. The book discusses the origins of the life traps, provides a diagnostic test for each and offers step-by-step suggestions to help the reader explore new ways of addressing the pattern.

### **29. Living life to the Full**

by Dr Chris Williams (2008).

DVD

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

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## **Health Anxiety**

### **31. Stop Worrying about Your Health**

by George Zigourides (2008).

Book

Intensity: Low

A self-help book written by a clinical psychologist. Based on CBT strategies of proven effectiveness, the book offers step-by-step strategies for readers who are excessively concerned about their physical health. The author also offers helpful advice about how readers can gain and maintain emotional support from friends and family.

## **Mood Swings**

### **32. Overcoming Mood Swings**

by Janet Scott (2001).

Book

Intensity: Medium

A self-help book for readers who experience mood swings. The book provides background information for depression and mania. Based on the principles of cognitive behavioural therapy, the book gives practical techniques to help the reader manage their mood more effectively. The book contains self-tests and monitoring sheets.

## Obsessive Compulsive Disorder

### 33. The OCD Workbook

by Bruce Hyman and Cherry Pedrick (2005).

Book

Intensity: Medium

A self-help book for individuals with obsessive compulsive disorder. With reference to the latest clinical research, the book covers the causes and symptoms of OCD and offers an intensive self-directed cognitive behavioural treatment programme that teaches the reader how to block rituals, reduce fears and change unhealthy thought patterns. This new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking.

### 34. Stop Obsessing:

#### How to Overcome your Obsessions and Compulsions

by Edna Foa and Reid Wilson (2001).

Book

Intensity: Medium

This self-help book draws on the latest clinical research. It describes the symptoms of obsessive-compulsive disorder, explains how it can be treated with behavioural therapy. It also includes advice on reducing stress.

### 35. Obsessive Compulsive Disorder

by Barbara Rothbaum.

DVD

Intensity: Low

A self-help DVD produced in America under the guidance of Barbara Rothbaum, PHD. It shows people with OCD undergoing a CBT based treatment. The therapist explains how a stimulus creates a response which in turn has consequences. The therapist then outlines the exposure-response prevention technique in which the individual is encouraged to confront their fear without engaging their compulsive response. By repeatedly doing this they learn that their fear will not happen and their anxiety will drop. Prior practicing and imaginal exposure are recommended to enhance success.

## Panic

### 36. Panic Attacks: What Are they and Why do they Happen?

by Christine Ingham (2000).

Book/Audio-CD

Intensity: Medium

Available in written and CD formats, this self-help resource is about panic attacks and what can be done about them. It is not based solely on CBT other therapies are also discussed. The book covers: the nature of panic attacks, their impact, why they occur as well as solutions, prevention and issues around confidence and lifestyle. It provides steps that can be undertaken to learn how to avoid a recurrence, and a section on how to help others with panic attacks.

### 37. The Worry Box

by Chris Williams (2009).

Booklets

Intensity Low

One of the "Little CBT" self-help resources for people who panic. The Worry Box contains 4 booklets to help the reader understand their panic and/or worry and introduces a simple, straightforward way to manage it called the 3 F's: Face it; Fix it; Forget it. This brief, self-help resource has been designed to easily accessible and to the point. It is ideally suited for individuals who want some clear advice so that they can change things around quickly.

### 38. Fight or Flight.

by Dr Lisa Lampe and Professor Ron Rapee

DVD

Intensity: Low

A self-help DVD produced in Australia by sufferers under the guidance of Dr. Lisa Lampe and Professor Ron Rapee. The DVD covers a range of CBT based techniques used to overcome agoraphobia/panic. It shows the sufferers going through their recovery routines interspersed with explanations from the authors.



## Post- Natal Depression

### **39. Surviving Post Natal Depression: At Home No-one Hears You Scream.** Book

by Cara Aiken (2003).

Intensity: Medium

This book tells the stories of ten women from very different backgrounds - including the author - who has suffered from post-natal depression. Their stories, told honestly and informally, will be a source of strength and hope for sufferers. The book will also raise awareness of the illness and the destructive effect it can have on individuals and families. It offers positive suggestions and practical advice, based on personal and professional experience. It is a fresh, honest and positive book which will help professionals to understand post-natal depression and will be an invaluable resource for the many mothers who experience it.

## PTSD

### **40. Overcoming Traumatic Stress**

Book

by Claudia Herbert and Anne Wetmore (1999).

Intensity: Low

A CBT based, self-help book for those who have experienced traumatic stress, their families and those who work with them, to overcome the physical mental reactions to such stress. The step-by-step guide to recovery includes recognizing, accepting and managing long term reactions to traumatic experiences such as road traffic accidents, industrial accidents or rape. It advises people on how to accept the trauma itself and then to let go and move on.

## Self-Esteem

### **41. Overcoming Low Self-Esteem**

Book

by Melanie Fennell (1999).

Intensity: High

A detailed and comprehensive, CBT based, self-help book for those affected by self doubt, self criticism, social anxiety and other problems associated with low self esteem. The book covers understanding low self esteem, how it develops and what keeps it going followed by a structured self-help programme complete with monitoring sheets and diaries.

### **42. 10 Days to Great Self-Esteem**

Book

by David Burns (2000).

Intensity: Medium

Written in a clear and understanding style this book is for those who doubt themselves, criticize themselves and have a negative based view of themselves. Following a CBT based approach the book helps the reader to identify the causes of negative mood changes and to develop a more positive outlook in life. The book describes specific techniques and practical exercises that the reader can utilize.

### **43. I'm Not Good Enough: How to Overcome Low Confidence**

Booklet

by Dr Chris Williams (2008).

Intensity: Low

One of the "Little CBT" self-help booklets for people with low self-esteem who lack confidence. Based on the principles of CBT, the booklet outlines small steps to help the reader learn key tools for change. Designed to be easily accessible this booklet is ideally suited for individuals who want some clear advice so that they can change things around quickly.

## Sleep

### 44. Getting a Good Nights Sleep

by Fiona Johnston (2000).

Book

Intensity: Low

A brief, self-help guide to overcoming sleep problems. The chapters are short and easy to read. Topics include what sleep actually is and problems associated with sleep, sleep retraining and stress management. The reader is encouraged to develop their own sleep management plan. A simple and accessible book.

### 45. Coping with Sleep Problems

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Medium

A self-help CD in which some of the UK's leading doctors describe simple, effective strategies and solutions to help the listener deal with a range of different sleep problems including: insomnia, narcolepsy, night terrors, sleep apnoea, and sleepwalking. The CD is packed with advice and easy-to-follow techniques, and also includes an effective relaxation exercise.

## Social Anxiety

### 46. Overcoming Social Anxiety and Shyness

by Gillian Butler (1999).

Book

Intensity: Medium

A self-help book containing many real life examples and provides instructions on effective cognitive behavioural techniques for overcoming social phobia and shyness. It is suitable for those with entrenched problems right through to those with milder feelings of discomfort and social shyness.

### 47. I Think, They Think....

by Dr. Lisa Lampe and Professor Ron Rapee.

DVD

Intensity: Low

A self-help DVD for people who have social phobia/shyness, their families and friends and for health professionals. Made in Australia it gives a real insight into social phobia and how it can be overcome. In this programme three people who are sufferers are shown talking about their experiences together with experts who explain the recovery technique based on CBT. This video is so informative that it will appeal to anyone with an anxiety problem, whatever it might be.

## Stress

### 48. The Relaxation and Stress Reduction Workbook

by Martha Davies and Eshelman, E.R. (2008).

Book

Intensity: Low

A self-help workbook designed to teach effective stress management and relaxation techniques. The book includes many real life examples and practical exercises to help readers achieve a level of balance and overcome anxiety, worry and other negative emotions. Chapters include coping with worry, anger and thought stopping.

### 49. Coping with Stress at Work

Talking Life/ Royal College of Psychiatrists (2000).

Audio CD

Intensity: Medium

A self-help CD in which leading doctors describe easy-to-follow, effective strategies to help the listener deal with and avoid stress at work. It describes how to: make use of effective time management, reduce brain overload, avoid stress burn-out and how to improve work relationships. The tapes are packed with advice and simple techniques, and also include an effective relaxation exercise.

## **50. Everything You Always Wanted to know about Stress**

DVD

by David Hancock, Ewan Stewart and Jim White (2006).

Intensity: Low

This short film is about common mental health problems. It follows a young man suffering from mixed anxiety/depression who, in a series of comic encounters, learns how to handle 'stress'. The DVD also has interviews with three people who describe how stress affects their lives and with a clinical psychologist, a GP and a Professor. The DVD was nominated for a Scottish BAFTA.

## **Worry**

### **52. The Worry Cure. 7 Steps to Stop Worry from Stopping You.**

Book/Audio CD

by Robert Leahy (2006).

Intensity: Medium

Available in written or CD formats, this self-help resource is for people who worry about various aspects of life including work, money, health, and relationships. Using the most recent research the resource helps the reader understand why they worry and how best to defeat it. The book describes a seven-step program which includes practical, easy-to-follow advice and techniques: determine your "worry profile" and change your patterns of worry, identify productive and unproductive worry, take control of time and eliminate the sense of urgency that keeps you anxious, focus on new opportunities not on your fear of failure, embrace uncertainty instead of searching for perfect solutions.

### **53. The Worry Box**

Booklets

by Dr Chris Williams (2009).

Complexity: Low

One of the "Little CBT" self-help resources for people who worry. The Worry Box contains 4 booklets to help the reader understand their worry and/or panic and introduces a simple, straightforward ways to manage it; the 3 F's: Face it; Fix it; Forget it. This brief self-help resource has been designed to easily accessible and to the point. It is ideally suited for individuals who want some clear advice so that they can change things around quickly.

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