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Nota di contenuto	Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults -- Contents -- About the author -- Acknowledgement -- Online resources -- Chapter One: Cognitive Behaviour Therapy: Theoretical Origins, Rationale, and Techniques -- The Foundations of CBT -- First Wave: Behaviour Therapy -- Second Wave: Cognitive Therapy -- The Cognitive Model -- Third Wave: Acceptance, Compassion, and Mindfulness -- Core Characteristics of CBT -- CBT is theoretically determined -- CBT is based on a collaborative model -- CBT is time-limited -- CBT is objective and structured -- CBT has a here-and-now focus -- CBT is based on a process of guided self-discovery and experimentation -- CBT is a skill-based approach -- The Goal of Cognitive Behaviour Therapy -- The Core Components of CBT -- Psycho-education -- Values, goals, and targets -- Acceptance and acknowledgement of strengths -- Thought monitoring -- Identification of cognitive distortions and deficits -- Thought evaluation and developing alternative cognitive processes -- Development of new cognitive skills -- Mindfulness -- Affective education -- Affective monitoring --

Affective management -- Activity monitoring -- Behaviour activation -- Activity rescheduling -- Skills development -- Behavioural experiments -- Fear hierarchy and exposure -- Role play, modelling, exposure, and rehearsal -- Self-reinforcement and reward -- The Clinician's Toolbox -- Chapter Two: The Process of Cognitive Behaviour Therapy -- Therapeutic Process -- Phases of CBT -- Relationship building and engagement -- Psycho-education -- Promoting self-awareness and understanding -- Enhancing skills and development -- Consolidation -- Relapse prevention -- Adapting CBT for Young People -- Cognitive vs behavioural focus -- Therapeutic partnership -- Language -- Dichotomous thinking.

Verbal vs non-verbal materials -- Technology -- Common Problems When Undertaking Cbt With Young People -- Limited verbal skills -- Limited cognitive skills -- Lack of engagement -- No responsibility for securing change -- Difficulty accessing thoughts -- Failure to undertake home assignments -- Focus shifting -- Working with egocentricity -- Significant family dysfunction -- 'I get it, but I don't believe it' -- Chapter Three: Thinking Good, Feeling Better: Overview of Materials -- Value Yourself -- Summary -- Worksheets -- Be Kind to Yourself -- Summary -- Worksheets -- Be Mindful -- Summary -- Worksheets -- Getting Ready to Change -- Summary -- Worksheets -- Thoughts, Feelings, and What You Do -- Summary -- Worksheets -- The Way You Think -- Summary -- Worksheets -- Thinking Traps -- Summary -- Worksheets -- Change Your Thinking -- Summary -- Worksheets -- Core Beliefs -- Summary -- Worksheets -- Understand How You Feel -- Summary -- Worksheets -- Control Your Feelings -- Summary -- Worksheets -- Problem-Solving -- Summary -- Worksheets -- Check It Out -- Summary -- Worksheets -- Face Your Fears -- Summary -- Worksheets -- Get Busy -- Summary -- Worksheets -- Keeping Well -- Summary -- Worksheets -- Chapter Four: Value yourself -- How Does Self-Esteem Develop? -- Can You Change Self-Esteem? -- Find your strengths -- Use your strengths -- Find and celebrate the positive -- Look after yourself -- Diet -- Sleep -- How Much Sleep Do I Need? -- I'm not getting enough sleep -- I can't get off to sleep -- Alcohol -- Physical Activity -- Chapter Five: Be kind to yourself -- Eight Helpful Habits -- Treat yourself like you would treat a friend -- Don't kick yourself when you are down -- Forgive mistakes -- Celebrate what you achieve -- Accept who you are -- Speak kindly to yourself -- Find the good in others -- Be kind to others -- Chapter Six: Be mindful.

Mindfulness -- Focus, observe, be curious, and use your senses -- Mindful breathing -- Mindful eating -- Mindful activity -- Mindful observation -- Suspend judgement -- Mindful thinking -- Chapter Seven: Getting ready to change -- What You Think -- How You Feel -- What You Do -- The Negative Trap -- Good News -- Are you ready to try? -- My goals -- The miracle question -- Chapter Eight: Thoughts, feelings, and what you do -- How Does the Negative Trap Happen? -- Core Beliefs -- Assumptions -- Unhelpful Beliefs -- Beliefs are Strong -- Turning Your Beliefs On -- Automatic Thoughts -- How You Feel -- What You Do -- The Negative Trap -- Chapter Nine: The way you think -- Hot thoughts -- Helpful Thoughts -- Unhelpful Thoughts -- Automatic Thoughts -- The negative trap -- Chapter Ten: Thinking traps -- Negative Filter -- Negative glasses -- Positive doesn't count -- Blowing Things Up -- Magnifying the negative -- All-or-nothing thinking -- Disaster thinking -- Predicting Failure -- The fortune teller -- Mind reading -- Being Down on Yourself -- Dustbin labels -- Blame me -- Setting Yourself to Fail -- Should and must -- Expecting to be perfect -- Chapter Eleven: Change your thinking -- Catch it -- Check it

-- Challenge it -- Change it -- What would someone else say? --  
Dealing with worries -- Why Do We Worry? -- Keep Worries Under  
Control -- Make worry time -- Delay worry -- Solve the worries you  
can do something about -- Accept the worries you can do nothing  
about -- Chapter Twelve: Core beliefs -- Core Beliefs -- Finding core  
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work? -- Chapter Thirteen: Understand how you feel -- Body Signals --  
Feelings -- How do your feelings change? -- Why me? -- Chapter  
Fourteen: Control your feelings -- Relaxation exercises -- Quick  
relaxation -- Physical activity -- 4-5-6 breathing.  
Calming images -- Mind games -- Change the feeling -- Soothe  
yourself -- Talk to someone -- Chapter Fifteen: Problem-solving --  
Why Do Problems Happen? -- Problem-solving -- Break it down --  
Chapter Sixteen: Check it out -- Experiments -- Be open-minded and  
curious -- Surveys and searches -- Responsibility pies -- Chapter  
Seventeen: Face your fears -- Small steps -- Make a fear ladder -- Face  
your fears -- Chapter Eighteen: Get busy -- Getting busy -- What you  
do and how you feel -- Change what and when you do things -- Have  
more fun -- Chapter Nineteen: Keeping well -- What helped? -- Build  
them into your life -- Practice -- Expect setbacks -- Know your  
warning signs -- Watch out for difficult times -- Be kind to yourself --  
Stay positive -- When do I need to get help? -- References -- Index --  
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