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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.

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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
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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 --
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Speak kindly to yourself -- Find the good in others -- Be kind to others
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Mindfulness -- Focus, observe, be curious, and use your senses --
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-- Turning Your Beliefs On -- Automatic Thoughts -- How You Feel --
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can do something about -- Accept the worries you can do nothing

about -- Chapter Twelve: Core beliefs -- Core Beliefs -- Finding core beliefs -- Challenging Core Beliefs -- Is it always true? -- If it doesn't 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 -- End User License Agreement.
