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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 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.

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