

# Enhancing Sessions with Transdiagnostic CBT Strategies

Faculty of Adult Psychiatry Conference

**RANZCP**

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# Reading List

Beck J. (2020). *Cognitive Therapy: Basics and Beyond*. 3rd Edition. New York: Guilford Press.

Bennett-Levy J, Thwaites R, Haarhoff B & Perry H. (2015). *Experiencing CBT from the Inside Out. A Self-Practice/Self-Reflection Workbook for Therapists*. The Guilford Press.

Greenberger D. & Padesky C. (2016). *Mind Over Mood*. 2<sup>nd</sup> Edition .London: Guilford Books.

Abramowitz, J.S. (2018). *Getting Over OCD. A 10 Step Workbook for Taking Back Your Life*. Second Edition. New York, The Guilford Press.

McEvoy P. et al (2018). *Imagery-enhanced CBT for Social Anxiety Disorder*. New York: The Guilford Press.

# CBT Training Videos

- <https://oxcadatresources.com/ptsd-training-videos/>
- <https://www.cci.health.wa.gov.au/Training/Demonstration-Videos>
- <https://www.youtube.com/user/uofldepressioncenter/videos>

# Useful Apps

## **Suicide Prevention**

- Beyond Now

## **Mindfulness apps**

- Smiling Mind
- Calm
- Headspace \$
- Insight timer

## **Reflection apps**

- Day one
- Journey

## **Fitness apps**

- Strava
- Zombies Run

## **Keeping good habits and routines**

- Habit tracker
- Streaks

## **Mood tracking**

- Daylio
- Sanvello \$

# Useful Apps

## CBT strategies

- Breathe
- Worry time
- Mood mission
- Uplift
- CBT-I Coach

## Thought recording

- CBT thought record diary
- Mood kit mood \$
- Mood notes \$

# Useful Websites

## CBT modules and templates

- [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- <https://chairwork.co.uk>
- <https://self-compassion.org>

## Podcasts

- <https://podcasts.apple.com/au/podcast/being-well-with-dr-rick-hanson>

## Conferences and workshops

- [www.aacbt.org.au](http://www.aacbt.org.au)
- [www.psychology.org.au](http://www.psychology.org.au)

# Internet CBT

- myCompass I [www.mycompass.org.au](http://www.mycompass.org.au)
- MoodGYM I [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
- THIS WAY UP I [www.thiswayup.org.au](http://www.thiswayup.org.au)
- e-couch I [www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)
- MindSpot I [www.mindspot.org.au](http://www.mindspot.org.au)
- Mental Health Online I [www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)