Enhancing Sessions with Transdiagnostic CBT Strategies
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Reading List


CBT Training Videos

• https://oxcadatresources.com/ptsd-training-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
• www.getselfhelp.co.uk
• https://chairwork.co.uk
• https://self-compassion.org

Podcasts

Conferences and workshops
• www.aacbt.org.au
• 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)
- Mental Health Online I [www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)