



Litteraturlista för PPTS04, Psykologi: Psykoterapeutiska teorier och metoder gällande från och med höstterminen 2018

Litteraturlistan är fastställd av Ledningsgruppen för
psykoterapeutprogrammet 2018-06-04 att gälla från och med 2018-09-03

Se bilaga.

PPTS04. KURS 4: Psykoterapeutiska teorier och metoder (Theories and methods of psychotherapy) Nivå A. 30 högskolepoäng (7824 s.)

Barlow, David H. (Ed.). (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. (5th ed). New York: Guilford. (784 s.)

Beck, Judith S. (2011). *Cognitive Behavior therapy: Basics and beyond*. (2nd ed). New York: Guilford. (324 s.)

Beck, J. S. (2011). *Cognitive therapy for challenging problems: What to do when the basics don't work*. Guilford Press. ISBN: 9781609189907. Guilford Publications. 324 sidor.

Bennet-Levy, James, Butler, Gillian, Fennel, Melanie, Ann Hackman, Mueller, Martina, & Westbrook, David. (Eds.). (2004). *Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: Oxford University press. (461 s.)

Cartwright-Hatton S, Laskey B, Rust S & McNally D. *From timid to tiger: a treatment manual for parenting the anxious child*. NY: Wiley & Sons, 2010. (186 s.)

Chorpita BF. *Modular cognitive-behavioral therapy for childhood anxiety disorders*. NY: Guildford Press, 2006. (225 s.)

Dattilio, FM. *Cognitive-behavioral therapy with couples and families: A comprehensive guide to clinicians*. New York: Guilford, 2009. (286 sidor).

Dugas, Michel J., & Robischaud, Melisa. (2006). *Cognitive-behavioral treatment for generalized anxiety disorder: From science to practice*. New York: Routledge. (264 s.)

Eisen AR, Schaefer CE. *Separation anxiety in children and adolescents: An individualized approach to assessment and treatment*. NY: Guilford Press, 2007. (298 s.)

Fairburn, Christopher G. (2008). *Cognitive Behavior Therapy and Eating Disorders*. Guilford Publications. (324 s.)

Frank, Rochelle I., & Davidson, Joan. (2014). *Transdiagnostic Road map to case formulation and treatment planning. Practical Guidance for Clinical Decision Making*. New Harbinger Publications. (256 s.)

Friedberg, R. D., & McClure, J. M. (2015). *Clinical practice of cognitive therapy with children and adolescents: The nuts and bolts*. Guilford Publications.

Gilbert, Paul, & Leahy, Robert L. (Eds.). (2009). *The therapeutic relationship in cognitive behavioral Psychotherapies*. New York: Routledge. (312 s.)

Harris, Russ (2011). *ACT helt enkelt - en introduktion till Acceptance and Commitment Therapy*. Stockholm: Natur och kultur. (318 s.)

Kazdin AE. *Parent management training: Treatment for oppositional, aggressive, and antisocial behavior in children and adolescents*. NY: Oxford University Press, 2008. (424 sidor)

Kåver, Anna. (2014). *Social ångest: att känna sig granskad och bortgjord*. Stockholm: Natur och Kultur. 214s.

Martell, Christopher R, Dimidjian, Sonja, & Herman-Dunn, Ruth. (2013). *Beteendeaktivering vid depression : En handbok för terapeuter*. Studentlitteratur: (234 s.)

McKay, Dean, Thoma, Nathan C. (2014). *Working with emotions in Cognitive-Behavioral Therapy. Techniques for clinical practice*. Guilford Publications. (418 s.)

Smith P, Perrin S, Yule W, Clark D. *Post traumatic stress disorder: Cognitive therapy with children and young people*. UK: Routledge, 2009. (224 s.)

Svirsky, L. (2010). *KBT: att tillämpa metoden med barn och ungdomar*. Gothia Forlag. ISBN: 9789175696386

Verduyn C, Rogers J, Wood A. *Depression: Cognitive behaviour therapy with children and young people*. UK: Routledge, 2009. (216 s.)

Waite P, Williams T. (Eds). *Obsessive compulsive disorder: Cognitive behaviour therapy with children and young people*. UK: Routledge, 2009. (208 s.)

Wells, Adrian. (2017). *Cognitive therapy of anxiety disorders: A practical guide*. (2nd ed.) Chichester: Wiley. ISBN: 9780470973707. 384 s.

Öst, L. G. (2010). *KBT inom barn-och ungdomspsykiatri*. Natur & kultur. 264s.

Artiklar och fördjupningslitteratur enligt kursledarens anvisningar tillkommer.