



The Sloane Court Clinic

A private clinic in Chelsea, London providing psychiatric and psychological care.

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Self-Help Literature

The Sloane Court Clinic has reviewed the following books for anyone seeking advice and self-help for a variety of psychological conditions.

Anger

ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). Oakland: New Harbinger

This very readable guide aims to help anger sufferers let go of this overwhelming emotion. By incorporating useful real life examples, metaphors, exercises and mindfulness meditation practice this book helps sufferers to change their relationship with, and response to their angry thoughts and feelings.

Anxiety

Overcoming Worry: A Self-help Guide Using Cognitive Behavioural Techniques.

Meares, K. & Freeston, K. (2008). London: Robinson.

This easy to use self-help CBT manual aims to help people who suffer from excessive worry and generalised anxiety to understand the origins of their excessive worrying, and offers helpful tools for overcoming it. By using real life examples, questionnaires and exercises, this guide tries to help sufferers to identify, challenge and ultimately change these thoughts and behaviours that lead to worry and keep them worrying. Sufferers are taught how to tolerate uncertainty and how to become better at approaching problems.

Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques.

Butler, G. (1999). London: Robinson.

This very accessible self-help CBT manual aims to help sufferers understand the origins of their social anxiety and offers helpful tools for overcoming this problem. By employing real life examples, the guide helps sufferers to identify, challenge and change unhelpful thoughts and behaviours. Sufferers break the vicious cycle of social anxiety by developing and implementing new thinking and behavioural patterns in relation to previously feared social situations.

The Mindfulness & Acceptance Workbook for Anxiety: a guide to breaking free from anxiety, phobias & worry using Acceptance & Commitment Therapy.

Forsyth, J. P. & Eifert, G. H. (2007). Oakland: New Harbinger Publications.

The authors of this book employ strategies in line with Acceptance and Commitment Therapy that grew out of the Cognitive Behavioural Therapy movement in order to empower the reader to reclaim their lives and live them without the hindrances posed by their anxiety, worries and fear. As Forsyth and Eifert explain this book will 'help you live better, more fully, more richly. ...No matter what kind of anxiety problems you're struggling with, this workbook can guide you toward a more vibrant and purposeful life'. This book includes helpful metaphors, examples and exercises that educate anxiety sufferers about their difficulties and teach them skills to overcome these whilst focusing on their life

goals and priorities. This is an easy to read book that comes with a CD that includes self-report diagrams as well as mindfulness exercises.

Overcoming Anxiety for Dummies.

Foreman, E. I., Elliott, C. H. & Smith, L.L. (2007). Chichester: John Wiley & Sons

This friendly expert guide demonstrates techniques which help anxiety sufferers to discover the root cause of their anxiety, change their thought processes and take control of their fears. Besides teaching psychological skills, it offers practical advice on relaxation, nutrition, exercise and medication. It is a standard yet accessible CBT book for anxiety.

Social Anxiety & Shyness

Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques.

Butler, G. (1999). London: Robinson.

This very accessible self-help CBT manual aims to help sufferers understand the origins of their social anxiety and offers helpful tools for overcoming this problem. By employing real life examples, the guide helps sufferers to identify, challenge and change unhelpful thoughts and behaviours. Sufferers break the vicious cycle of social anxiety by developing and implementing new thinking and behavioural patterns in relation to previously feared social situations.

OCD

The OCD Workbook second edition: your guide to breaking free from Obsessive Compulsive Disorder.

Hyman, B. M. (2005). Oakland: New Harbinger Publications.

The OCD Workbook presents a self-directed programme based on CBT that can be a very helpful resource for people with OCD and their families. The book covers the symptoms and causes for OCD, a review of the most effective treatments, a step-by-step CBT programme for combating OCD, specific symptoms and disorders in the OCD spectrum (i.e. scrupulosity, trichotillomania, body dysmorphic disorder), other disorders that often accompany and complicate OCD (i.e. depression, ADHD and Tourette's syndrome) and finally it gives detailed information about reaching out to others for help. This book is an accessible and comprehensive therapeutic guide that can be used in conjunction with therapy or alone.

Overcoming Obsessive Compulsive Disorder: a self-help guide using cognitive behavioural techniques.

Veale, D & Willson, R. (2005). London: Robinson.

This self-help guide presents a step-by-step CBT approach together with useful information about the symptoms and causes of OCD. The appendices section provides useful information about medication, available resources for OCD sufferers, self-assessment forms as well as work sheets to be completed as part of the sufferer's homework.

Depression

The Mindful Way through depression: freeing yourself from chronic unhappiness.

Williams, M., Teasdale, J., Segal, Z., & Kabat-Zin J. (2007). New York: The Guilford Press.

The Mindful Way through depression is an excellent resource for those who struggle with recurrent depression or for people who would like to gain a better understanding of their mind and emotions. This book invites the reader to focus on their experience in their present moment in a non-judgmental way as this can break the cycle of rumination that maintains depression. This book is grounded on research that demonstrates the efficacy of the treatment suggested. The practical skills described in this book not only help those who read it to become aware of the mode of mind that maintains depression but also enable them to shift to an alternative mode of mind that is flexible and thus less painful. This book comes with a CD which includes guided meditation practices.

The Cognitive Behavioural Workbook for Depression: a step-by-step program.

Knaus, W. J. & Ellis, A. (2006). Oakland: New Harbinger Publications.

The authors of this workbook employ techniques from cognitive behavioural therapy (CBT) and rational emotive therapy (REBT) in order to help those suffering from depression to develop a personalised plan

for change and overcome their depression. This is an excellent and comprehensive resource that is written in a user friendly language and tone.

The Happiness Trap: Stop Struggling, Start Living

Harris, R. and Hayes, S. (2008) Massachusetts: Trumpeter

This very engaging self-help guide challenges popular myths about the nature of happiness that often contribute to the onset and maintenance of depression and anxiety. Its main aim is to help readers become more psychologically flexible by increasing their awareness of the present moment and their ability to change by developing effective, value-driven action plans to build a rich and meaningful life. The guide is based on the principles of Acceptance and Commitment therapy (ACT) and incorporates useful real life examples, metaphors, and exercises.

Eating Disorders

Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders.

Schmidt, U. & Treasure, J. (1993). Hove: Psychology Press

A very accessible self-help programme which is indeed a survival kit for sufferers of bulimia and binge eating disorders. By incorporating real life cases and motivational exercises, it enables sufferers to implement behavioural changes that help them overcome their eating difficulties. Core issues that contribute to the development and perpetuation of bulimia and binge eating disorder are also addressed.

Low Self Esteem

Overcoming low self-esteem self-help course: A 3-part programme based on cognitive behavioural techniques.

Fennell, M (2006). London:Robinson.

This self-help CBT course comes in three workbooks which aim to facilitate the readers understand the origins of their low self esteem as well as change the thought patterns and behaviours contributing to and maintaining low self esteem. This is a consumer-friendly CBT course that includes multiple worksheets and charts to be completed by the readers as part of their daily CBT homework.

Alcohol or Drug Problems

The Treatment of Drinking Problems: A Guide for the Helping Professions.

Edwards, G., Marshall, E.J. & Cook C.H. (2003) Cambridge: Cambridge University Press.

This is a guide for helping professionals working in the field, but is equally accessible to the lay person – sufferer or carer. A book that rewards the conscientious reader with a masterly understanding of the science and practicalities of alcohol dependence – a physical dependence- and the modes of its management. If you need to have a reliable well written source book on alcohol and its problems this should be on your list.

Overcoming your Alcohol or Drug Problem: effective recovery strategies (2nd ed).

Daley, D. C & Marlatt G. A. (2006). New York: Oxford University Press.

This recovery workbook provides the user with practical information and skills to help them understand and change their substance related problem. It is designed to be used in therapy or counselling and is based on an evidence-based treatment with proven effectiveness. Besides this, the first few chapters of this book can help readers who do not acknowledge their addiction to substances to make the life-changing decision to quit and thus seek help for it. This easy to read book provides useful and practical information which helps users to understand the recovery process, identify how their substance abuse affects their lives and the lives of people close to them, learn skills to manage the challenges encountered in recovery and finally reduce the risk of future relapse. This workbook includes work sheets and home exercises.
