Brief cognitive behavior therapy for cancer patients: re-vision the CBT paradigm

Table of contents:
1. The psychosocial and physical challenges of cancer
2. Re-visioning cognitive-behavior therapy for cancer patients
3. Opening moves and session structure in CBT for cancer patients
4. Creating case formulations for work with cancer patients
5. Understanding depression...

Cognitive behavior therapy and eating disorders

This book and how to use it / Christopher G. Fairburn -- Eating disorders: the transdiagnostic view and the cognitive behavioral theory / Christopher G. Fairburn -- Enhanced cognitive behavior therapy for eating disorders ("CBT-E"): an overview / Christopher G. Fairburn, Zafra Cooper, and Roz Shaf...

When children refuse school: A cognitive-behavioral therapy approach

This guide outlines four treatment protocols based on cognitive behavioural therapy (CBT) principles that can be used to effectively address the main types of school refusal behaviour.
This workbook contains the children's Activity Sheets for learning about Worry Dragons, Tools for taming them, and Detective Work for corresponding sessions in the Facilitator's Manual. A Tool Box template is included for making their own toolbox to keep track of the Worry Dragon Taming Tools they…

Engaging and assessing -- Normalizing and educating -- Case formulation and treatment planning -- Delusions -- Hallucinations -- Depression -- Mania -- Interpersonal problems -- Impaired cognitive functioning -- Negative symptoms -- Promoting adherence -- Maintaining treatment gains.

Therapist's Manual is for the 10 session children's Taming Worry Dragons CBT-based anxiety management group. The manual includes session-by-session detailed instructions, suggested narratives for introducing group activities, detailed hands-on activities for learning and practicing Worry Dragon ta…
Overcoming eating disorders: a cognitive-behavioral therapy approach for bulimia nervosa and binge-eating disorder, therapist guide

https://libraries.phsa.ca/permalink/catalog19070

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 A277 2008

Introductory information for therapists -- Special issues in treatment -- Pretreatment assessment -- Session 1 -- Session 2 -- Session 3 -- Session 4 -- Remainder of phase I: sessions 5-9 -- Assessing progress -- Introduction to phase 2 -- Feared and avoided foods -- Weight and shape concerns -- Fa…

Worried no more: Help and hope for anxious children

https://libraries.phsa.ca/permalink/catalog108695

Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: CD 420 WAG 2002

Provides effective practical guidance for parents, school personnel and health care professionals to help children cope with worry, school refusal, separation anxiety, social anxiety, excessive shyness, panic, phobias, disasters and tragedies, obsessions and compulsions.

Coping with anxiety during pregnancy and following the birth: A cognitive behavior therapy-based self-management guide for women and health care providers

https://libraries.phsa.ca/permalink/catalog112594
Haring, Michelle, Smith, Jules E., Bodnar, Doris, Misri, Shaila, Little, Ruth M., Ryan, Deirdre. [Vancouver, BC]: BC Reproductive Mental Health Program, 2013. (Book) — 2 copies, 2 available

Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: GH 400 HAR 2013

This guide was created to help women who are dealing with anxiety during pregnancy and following the birth of their baby. It includes educational information that may be worked through gradually, and will help you to better manage symptoms by making changes in your thinking, behavior and self-care …
This new addition to the TWD group of treatment manuals is a workbook for parents attending the 10 session concurrent parent group for the TWD therapy group for anxious children. It functions both as a guide for the therapist and a workbook for parents. The manual includes session outlines and c…

Group cognitive-behavioral therapy of anxiety: a transdiagnostic treatment manual

Adapting cognitive therapy for depression: managing complexity and comorbidity
Cognitive behavioral workbook for anxiety: a step-by-step program
https://libraries.phsa.ca/permalink/catalog119620
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WM172 K67 2014

Anxiety and worry workbook: The cognitive behavioral solution
https://libraries.phsa.ca/permalink/catalog114065
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 420 CLA 2012

If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive therap…

Mindfulness and acceptance: expanding the cognitive-behavioral tradition
https://libraries.phsa.ca/permalink/catalog20938
Hayes, Steven C., Follette, Victoria M., Linehan, Marsha M.; New York: Guilford, 2011. (Book) — 1 copy, 0 available
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM425.5 C6 2011
Helping traumatized children: A brief overview for caregivers
https://libraries.phsa.ca/permalink/catalog110598
Perry, Bruce D. (Ed). Houston, TX: ChildTrauma Academy, 1999. (Online)

Audience: Patient or Public
Agency: BC Children's and Women's
URL Notes: Click on the link above to view

“This webpage deals with the following questions regarding post-traumatic stress disorder (PTSD) and child trauma:
Should I talk about the traumatic event?--How should I talk about the event?--How long do these reactions last?--
Do children understand events accurately?--Do all children have problems...

Mindfulness-based cognitive therapy for depression [videorecording]
https://libraries.phsa.ca/permalink/catalog19953

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM171 S454 2005

“A cognitive therapy approach to treating patients with depression. Provides psychology students and practitioners with an expert introduction to the spiritual approach of cognitive therapy.

Schizophrenia: cognitive theory, research, and therapy
https://libraries.phsa.ca/permalink/catalog20297
Beck, Aaron T.; New York: Guilford, 2011. (Book) — 1 copy, 1 available

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM203 S35 2011
Therapeutic residential care for children
https://libraries.phsa.ca/permalink/catalog113529
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 455 BAR 2012

“This book provides a model of care for traumatized children, based on theory and practice experience pioneered at the Lighthouse Foundation, Australia. The authors explain the impact of trauma on child development, drawing on psychodynamic, attachment and neurobiological trauma theories.

Assessment tools for recreational therapy and related fields
https://libraries.phsa.ca/permalink/catalog108293
Burlingame, Joan, Blaschko, Thomas M. Ravensdale, WA: Idyll Arbor, 2002. 3rd ed. (Book) — 1 copy, 1 available
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF EE 600 BUR 2002

“Covers over fifty testing tools, scales, and signs. Reviews many topics related to the assessment process. The first part provides background information on assessment: history, standards, process, and test construction. The second part covers standardized testing tests and the third part discusses…

Behavioral intervention for young children with autism: A manual for parents and professionals
https://libraries.phsa.ca/permalink/catalog105777
Maurice, Catherine (Ed.), Green, Gina, Luce, Stephen C. (Co-editors). Austin, TX: PRO-ED Inc., 1996. (Book) — 2 copies, 2 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: FM 272 MAU 1996

“Inspired by the positive research that suggests that intensive behavioral intervention, begun when a child is between 2 and 5 years old, can have a significant and lasting positive impact on a child who has autism, the authors hope this manual will offer some assistance to parents and to the profes…
Occupational therapy for children and adolescents
https://libraries.phsa.ca/permalink/catalog113512
Case-Smith, Jane, O'Brien, Jane. St. Louis, MI: Elsevier, 2015. 7th. (Book) — 1 copy, 1 available
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF EE 300 CAS 2015

Helping children with sexual behavior problems: A guidebook for professionals and caregivers
https://libraries.phsa.ca/permalink/catalog113224
Johnson, Toni Cavanagh. San Diego, CA: Family Violence and Sexual Assault Institute, 2004. 2nd. (Book) — 2 copies, 2 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Family Support & Resource Centre
Call Number: GK 880 CAV 2004

"This booklet was written to assist professionals and caregivers of children 12 and younger who are experiencing difficulties in the area of sexual behavior."

Physical activities for improving children's learning and behavior: A guide to sensory motor development
https://libraries.phsa.ca/permalink/catalog108130
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF FM 261 CHE 2000

"Children who have trouble with their sensory systems will usually have one or more developmental problems. This text offers possible reasons behind children's learning, behaviour, and motor problems as well as activities to help improve the condition. All the activities can be used at home or in th..."
Mindfulness-based cognitive therapy for cancer: gently turning towards
https://libraries.phsa.ca/permalink/catalog20522
Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Kelowna Library
Call Number: QZ266 B291 2012

Mindfulness-based cognitive therapy for cancer: gently turning towards
https://libraries.phsa.ca/permalink/catalog21253
Bartley, Trish.; Chichester, U.K.: John Wiley, 2012. (Book) — 1 copy, 0 available
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: QZ266 B37 2012

Mindfulness and cancer -- Cancer: the psychological implications / Stirling Moorley & Ursula Bates -- Cancer: the medical implications / Nicholas S.A. Stuart -- The first circle: cancer and the circle of suffering -- Starting out -- The eight week course -- The second circle: mindfulness aware...

Physical therapy for children
https://libraries.phsa.ca/permalink/catalog113398
Campbell, Suzann K., Palisano, Robert J., Orlin, Margo N. St. Louise, MO: Elsevier Saunders, 2012. 4th. (Book) — 2 copies, 2 available
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF EE 200 CAM 2012

Patient and family-centered care: assessing and enhancing your volunteer program: webinar DVD 2013
https://libraries.phsa.ca/permalink/catalog21423
Hinkle, Lisa. Chicago, IL: Association for Healthcare Volunteer Resource Professionals, 2013. (Video, DVD) — 1 copy, 1 available
Audience: Professional
Agency: BC Cancer Agency
Location: Kelowna Library
Call Number: WX159.5 H663 2013
Treating health anxiety : a cognitive-behavioral approach

https://libraries.phsa.ca/permalink/catalog17933


Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM178 T246 2004


Right from the start: Behavioral intervention for young children with autism: A guide for parents and professionals

https://libraries.phsa.ca/permalink/catalog111083


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 272 HAR 2007

"Parents of young children-ages 18 months to 5 years-recently diagnosed with autism, face the critical decision of which educational treatment program to choose for their child. This guides parents through this complex decision-making process. The book includes the latest research on the benefits of…"

Therapeutic recreation, aquatics and music therapy

https://libraries.phsa.ca/permalink/catalog110579

Vancouver, BC: Sunny Hill Health Centre for Children, 2013. (Pamphlet)

Audience: Patient or Public
Agency: BC Children's and Women's
Call Number: BCCH1533

"The pamphlet provides information about recreational, aquatics and music therapies available at Sunny Hill Health Centre."
Activity schedules for children with autism: Teaching independent behavior

https://libraries.phsa.ca/permalink/catalog108317

McClannahan, Lynn E., Krantz, Patricia J. Bethesda, MD: Woodbine House , 1999. (Book) — 2 copies, 2 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 272 MCC 1999

“This book introduces the concept of an activity schedule which is a set of pictures or words that cues a child to follow a sequence of activities. When activity schedules are mastered, children are more self-directed and purposeful in their home, school, and leisure activities-doing puzzles, intera…

Clinical practice guideline: Motor disorders assessment and intervention for young children (age 0-3 years)

https://libraries.phsa.ca/permalink/catalog111309

Albany, NY: New York State Department of Health , 2006. (Kit) — 1 copy, 1 available

Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF GK 302 CLI 2006

“There are three versions of each clinical practice guideline published by the department of health. all versions of the guideline contain the same basic recommendations specific to the assessment and intervention methods evaluated by the guideline panel, but with different levels of detail descri…

Clinical practice guideline: Vision impairment assessment and intervention for young children (age 0-3 years)

https://libraries.phsa.ca/permalink/catalog111310

Albany, NY: New York State Department of Health , 2007. (Kit) — 1 copy, 1 available

Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF FH 300 CLI 2007

“There are three versions of each clinical practice guideline published by the department of health. all versions of the guideline contain the same basic recommendations specific to the assessment and intervention methods evaluated by the guideline panel, but with different levels of detail descri…
Clinical practice guideline: Hearing loss assessment and intervention for young children (age 0-3 years)

There are three versions of each clinical practice guideline published by the department of health. All versions of the guideline contain the same basic recommendations specific to the assessment and intervention methods evaluated by the guideline panel, but with different levels of detail describing methods.

Report of the recommendations: Motor disorders: Assessment and intervention for young children (age 0-3 years)

This guideline provides recommendations regarding assessment and intervention for young children with developmental motor disorders and cerebral palsy, a static central nervous system disorder. The target audiences for this guideline are parents and professionals.

The guideline technical report: Motor disorders: Assessment and intervention for young children (age 0-3 years)

This guideline is intended to help families, service providers, and public officials by offering recommendations based on scientific evidence and expert clinical opinion on effective practices for the early identification of children at risk or suspected of having a disability through routine develop…
Radiation therapy quality assessment and improvement manual
https://libraries.phsa.ca/permalink/catalog9180
Audience: Professional
Agency: BC Cancer Agency
Location: VC Radiation Therapy

Visual conditions and functional vision: Early intervention issues. Family-centred practices for infants and toddlers with visual impairments DVD. Assessment of infants and toddlers with visual impairments video CD-ROM.
https://libraries.phsa.ca/permalink/catalog109865
Topor, Irene, Rosenblum, Penny, Hatton, Deborah. Chapel Hill, NC: FPG Child Development Institute; University of North Carolina , 2004. (Kit) — 1 copy, 1 available
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF FH 300 FPG 2004b

Information from the fields of pediatric ophthalmology, visual impairments, early intervention, and developmental psychology has been synthesized in five sessions of this module. The resources intend to provide information and tools related to the implications of visual conditions, including how th…

How to reach and teach children with challenging behavior
https://libraries.phsa.ca/permalink/catalog112088
Otten, Kaye, L., Tuttle, Jodie L. San Fransisco, CA: Josse-Bass , 2011. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 800 OTT 2011

This book is written by behavioural specialists who are experienced working with students with challenging behaviour in classroom settings. It offers educators a practical approach to managing students who exhibit challenging behaviors. It is filled with down-to-earth advice, ready-to-use forms,…
Understanding children's sexual behaviors: What's natural and healthy
https://libraries.phsa.ca/permalink/catalog113177
Agency: BC Children's and Women’s
Location: Sunny Hill Education Resource Centre
Family Support & Resource Centre
Call Number: GK 880 JOH 2013

"When children (under age 12) engage in sexual behaviours it is sometimes difficult to decide when the behaviour is natural and healthy, and when it may be an indication of some distress or disturbance. This booklet provides a definition of natural and healthy childhood sexual behaviours and then c…"

Taming worry dragons: Practical applications for individual or group therapy-DVD
https://libraries.phsa.ca/permalink/catalog108555
Clark, Sandra L. Vancouver, BC: B.C. Children's Hospital, 2002. (Video) — 3 copies, 3 available
Audience: Professional
Agency: BC Children's and Women’s
Location: Family Support & Resource Centre
Call Number: CD 420 CLA 2002a

"A DVD that describes the Taming Worry Dragons program and its application for children with anxiety with the aim of identifying and understanding anxiety, changing behaviour and thoughts through education, skills and practice, and fun and hands-on activities. This program can ideally be used with ch…"

Quick reference guide for parents and professionals: Motor disorders: Assessment and intervention for young children (age 0-3 years)
https://libraries.phsa.ca/permalink/catalog113010
Audience: Professional
Agency: BC Children's and Women’s
Location: Sunny Hill Education Resource Centre
Call Number: REF FM 480 QUI [2006]

"This guideline is intended to help families, service providers, and public officials by offering recommendations based on scientific evidence and expert clinical opinion on effective practices for the early identification of children at risk or suspected of having a disability through routine devel…"
This workbook is intended for clinicians to help them navigate the practice of clinical cognitive rehabilitation using consistent principles and guidelines. The authors provide an overview of cognitive rehabilitation and an approach to working with people who have cognitive impairments.

Part Two (of two) of the 'How to do Cognitive Rehabilitation' books begins with page 181. The previous pages comprise Part One in which the authors set out the theoretical underpinnings for how to do CRT. In Part Two the authors focus on the practical implementation of the work and illustrate this...
Clinician’s handbook of adult behavioral assessment
https://libraries.phsa.ca/permalink/catalog20994
Hersen, Michel. Amsterdam: Elsevier/Academic, 2006. (Book) — 1 copy, 1.available
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM141 C6419 2006

The guideline technical report: Motor disorders evidence tables: Assessment and intervention for young children (age 0-3 years)
https://libraries.phsa.ca/permalink/catalog113183
Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF GK 302 GUI 2006

A family guide: Therapeutic recreation, aquatics and music therapy
https://libraries.phsa.ca/permalink/catalog110578
http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1532_RecreationFamily.pdf
Vancouver, BC: Sunny Hill Health Centre for Children, 2016. (Pamphlet, Online)
Audience: Patient or Public
Agency: BC Children's and Women's
Call Number: BCCH1532
URL Notes: Click on the link above to view/print.
The pamphlet provides information for families of children and youth with disabilities about therapeutic recreation, aquatic and music therapies available at Sunny Hill Health Centre.
Cortical visual impairment in young children (DVD)
https://libraries.phsa.ca/permalink/catalog109818

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: FH 300 REI 1997b

"An award-winning 15-minute video on what is now known to be the most common cause of visual disturbance in children. The video features 8 children with various degrees of Cortical Visual Impairment (CVI) and highlights how their parents and caregivers have successfully supported them as they learn ..."