

Litteraturlista:

Psykoterapeutprogrammet med inriktning på kognitiv-beteendeorienterad terapi, KBT, avseende vuxna.

**A. PPTN. KURS 1: Teoretisk bas.
(Theoretical and scientific foundations) Nivå A. 7 högskolepoäng.**

Harvey, Allison, Watkins, E, Mansell, Warren, & Shafran, R. (2004). *Cognitive behavioural processes across psychological disorders*. Oxford: Oxford University Press. 364 s.

Oatley, Keith, Keltner, Dachar, & Jenkins, Jennifer M. (2006). *Understanding emotions*. (2nd ed). Oxford: Blackwells. 536 s.

Sundel, Martin, & Sundel, Sandra S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications*. (5th ed). London: Sage. 379 (178 sidor läses under kursen) s.

Artiklar enligt kursledarens anvisningar tillkommer

A. PPTN. KURS 2: Psykopatologi, diagnostik. (Psychopathology, diagnostics) Nivå A. 10 högskolepoäng.

Davey, Graham, (2008). *Psychopathology: Research, assessment and treatment in clinical psychology*. Chichester, UK: Wiley-Blackwell. 752 s. (ca 540 sidor läses under kursen)

Kuyken, Willem, Padesky, Christine A., & Dudley, Robert. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York: Guilford. 346 s.

Person, Jacqueline, (2008). *The case formulation approach to cognitive-behavior therapy: Guides to individualized evidence-based treatment*. New York: Guilford. 273 s.

Sundel, Martin, & Sundel, Sandra S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications*. (5th ed). London: Sage. 379 s. (ca 200 sidor läses under kursen)

Artiklar enligt kursledarens anvisningar tillkommer

A. PPTN. KURS 3: Etik och juridik (Ethics and law) Nivå A. 3 högskolepoäng.

Sverne, Tor & Sylvander, Inga. (1998). *Etik och juridik för psykologer och psykoterapeuter*. Stockholm: Natur och Kultur. 304 s.

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

Barlow, David H. (Ed.). (2007). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. (4th ed.). New York: Guilford. 722 s.

Beck, Aaron T., Freeman, Arthur, Davis, Denise D., & associates. (2007). *Cognitive therapy of personality disorders*. (2nd ed.) New York: Guilford. 412 s.

Beck, Judith S. (2007). *Kognitiv terapi för mer komplexa problem: När vanliga metoder inte fungerar*. Stockholm: Norstedts Akademiska Förlag. 359 s.

Bieling, Peter J., McCabe, Randi E., & Antony, Martin M. (2008). *Kognitiv beteendeterapi i grupp*. Stockholm: Liber. 478 s.

Butler, Gillian, Fennel, Melanie, & Hackman, Ann. (2008). *Cognitive-behavioral therapy for anxiety Disorders: Mastering clinical challenges*. New York: Guilford. 230 s.

Dobson, Dedorah, & Dobson, Keith S. (2009). *Evidence-based practice of cognitive-behavioral therapy*. New York: Guilford. 322 s.

Farmer, Richard F., & Chapman, Alexander L. (2008). *Behavioral interventions in cognitive behavior therapy: Practical guidance for putting theory into action*. Washington, DC: American Psychological Association. 341 s.

Harvey, Allison, Watkins, E, Mansell, Warren, & Shafran, R. (2004). *Cognitive behavioural processes across psychological disorders*. Oxford: Oxford University Press. 364 s.

Kanter, Jonathan, Busch, Andrew, & Rusch, Laura. (2009). *Behavioral activation: Distinctive features*. New York: Routledge. 160 s.

Moore, Richard G., & Garland, Anne (2003). *Cognitive therapy for chronic and persistent depression*. Chichester: Wiley. 434 s.

Swales, Michaela. (2009). *Dialectical behaviour therapy: Distinctive features*. New York: Routledge. 167 s.

Wright, Jesse H., Kingdon, David, Turkington Douglas, & Ramirez Basco, Monika. (2008). *Cognitive-behavior therapy for severe mental disorders*. Washington, D.C.: American Psychiatric publishing. 374 s.

Artiklar och fördjupningslitteratur enligt kursledarens anvisningar tillkommer

Valbar fördjupningslitteratur om specifika psykiatriska syndrom (minst 800 sidor):

Arntz, Arnoud, van Genderen, Hannie, & Drost, Jolin. (2009). *Schema therapy for borderline personality disorder*. New York: Wiley. 216 s.

Barlow, David H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic*. (2nd ed). New York: Guilford. 704 s.

Beck, Aaron T., Rector, Neil A., Stolar, Neal, & Grant, Paul. (2008). *Schizophrenia: Cognitive theory, research, and therapy*. New York: Guilford. 418 s.

Beck, Aaron T., Wright, Fred D., Newman, Cory F., & Liese, Bruce S. (2001). *Cognitive therapy of substance abuse*. New York: Guilford. 354 s.

Clark, David A. (2006). *Cognitive-behavioral therapy for OCD*. (Revised edition). New York: Brunner-Routledge. 222 s.

Cooper, Zafra, Fairburn, Christopher G., & Hawker Deborah M. (2003). *Cognitive-behavioral treatment of obesity: A clinician's guide*. New York: Guilford. 232 s.

Davey, Graham C. L., & Wells, Adrian. (Eds.). (2006). *Worry and its psychological disorders: Theory, assessment and treatment*. New York: Wiley. 428 s.

DiGiuseppe, Raymond, & Chip Tafrate, Reymond. (2006). *Understanding anger disorders*. New York: Oxford University Press. 432 s.

Eimer, Bruce N., & Freeman, Arthur (1998). *Pain management psychotherapy: A practical guide*.

New York: Wiley. 528 s.

Fairburn, Christopher C. (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford. 324 s.

Foa, Edna, Keane, Terence M., Friedman, Matthew J., & Cohen, Judith A. (Eds.).(2008). *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies*. (2nd ed). New York: Guilford. 658 s.

Freeman, Arthur, Reinecke, Mark A., & Rogers, Gregory M. (2007). *Cognitive therapy of suicidal behaviour*. New York: Wiley. 336 s.

Gilbert, Lucia Albino, & Scher, Murray. (1998). *Gender and sex in counseling and psychotherapy*. Boston: Allyn & Bacon. 206 s.

Gumley, Andrew, & Schwannauer, Matthias. (2006). *Staying well after psychosis: A cognitive interpersonal approach to recovery and relapse prevention*. New York: Wiley. 308 s.

Heimberg, Richard G., & Becker, Robert E. (2002). *Cognitive-behavioral group therapy for social phobia: Basic mechanisms and clinical strategies*. New York: Guilford Press. 334 s.

Heimberg, Richard G., Turk, Cynthia L., Mennin, Douglas S. (Eds.). (2004). *Generalized anxiety disorder: Advances in research and practice*. New York: Guilford. 436 s.

Hope, Debra A., Heimberg, Richard G., & Turk, Cynthia L. (2006). *Managing social anxiety: A cognitive-behavioral therapy approach*. New York: Oxford University Press. 200 s.

Kingdon, David G., & Turkington, Douglas. (2004). *Cognitive-behavioral therapy of schizophrenia: Guides for individualized evidence-based treatment*. New York: Guilford. 219 s.

Koumimtsidis, Christos, Davis, Paul, Reynolds, Martine, Sell, Louise, & Drummon, Colin. (2007). *Cognitive-behavioural therapy in the treatment of addiction*. Chichester: Wiley. 160 s.

Kåver, Anna & Nilsonne, Åsa. (2002). *Dialektisk beteendeterapi vid emotionellt instabil personlighetsstörning: Teori, strategi och teknik*. Stockholm: Natur och kultur. 296 s.

Linehan, Marsha, M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford. 558 s.

Lilienfeld, Scott O., & O'Donohue, William T. (Eds.).(2007). *The great ideas of clinical science: 17 principles that every mental health professional should understand*. New York: Brunner-Routledge. 448 s.

Morrison, Anthony P. (2002). *A casebook of cognitive therapy for psychosis*. East Sussex: Brunner-Routledge. 308 s.

Morrison, Anthony P. (Ed). (2004). *Cognitive therapy for psychosis: A formulation-based approach*. East Sussex: Brunner-Routledge. 272 s.

Papageorgiou, Costas & Wells, Adrian, (Eds). (2003). *Depressive rumination: Nature, theory and treatment*. New York: Wiley. 304 s.

Perlis, Michael L., Jungquist, Carla, & Smith, Michael T. (2005). *Cognitive behavioral therapy of insomnia: A session-by-session guide*. New York: Springer. 204 s.

Ramirez Basco, Monica & Rush, A. John. (Eds.). (2005). *Cognitive-behavioral therapy for bipolar disorder*. (2nd ed). New York: Guilford. 324 s.

- Reinecke, Mark A., Dattilio, Frank D., & Freeman, Arthur. (Eds.). (2006). *Cognitive therapy with children and adolescents: A casebook for clinical practice*. (2nd ed). New York: Guilford. 476 s.
- Rowland, David L., & Incrocci, Luca. (2008). *Handbook of sexual and gender identity disorders*. New York: Wiley.
- Segal, Zindel V., Williams, J. Mark G., och Teasdale, John D. (2002). *Mindfulness-based cognitive therapy for depression*. New York: Guilford. 350 s.
- Sperry Len. (2008). *Treatment of chronic medical conditions: Cognitive-behavioral therapy strategies and integrative treatment protocols*. Washington, D. C.: American Psychological Association. 289 s.
- St Clare, Tamsen, Menzies, Ross G., & Jones, Mairwen K. (2008). *Danger ideation reduction therapy (DIRT) for obsessive-compulsive washers: A comprehensive guide to treatment*. Australian Academic Press.
- Taylor, Steven. (2006). *Clinician's guide to PTSD: A cognitive-behavioral approach*. New York: Guilford. 322 s.
- Taylor, Steven, & Asmundson, Gordon J. G. (2004). *Treating health anxiety: A Cognitive-behavioral approach*. New York: Guilford. 298 s.
- Thorn, Beverly E. (2004). *Cognitive therapy for chronic pain: A step-by-step guide*. New York: Guilford. 278 s.
- Waller, Glenn, Cordery, Helen, Corstorphine, Hinrichsen, Hendrik, Lawson, Rachel, Mountford, Victoria & Russel, Katie. (2007). *Cognitive behavioral therapy for eating disorders: A comprehensive guide*. London. Cambridge University Press. 466 s.
- Weissman, Myrna, Markowitz, John, & Klerman, Gerald L. (2007). *Clinician's quick guide to interpersonal psychotherapy*. New York: Oxford University Press. 224 s.
- Wenzel, Amy, Brown, Gregory K., & Beck, Aaron. (2008). *Cognitive therapy for suicidal patients: Scientific and clinical applications*. Washington, D. C.: American Psychological Association. 386 s.
- Wilhelm, Sabine, & Stekete, Gail S. (2006). *Cognitive therapy for obsessive-compulsive disorder: A guide for professionals*. Oakland. CA: New Harpinger. 245 s.
- Woolfolk, Robert L., & Allen, Lesley A. (2007). *Treating somatization: A cognitive-behavioral approach*. New York: Guilford. 226 s.

A. PPTN. KURS 5: Vetenskapsteori och forskningsmetodik för psykoterapeuter (Theory of science and methods of research for psychotherapists) Nivå A. 10 högskolepoäng.

- Castonguay, Louis G., & Beutler, Larry E. (Eds.). (2006). *Principles of therapeutic change that work*. New York: Oxford University Press. 416 s.
- Kazdin, Alan E. (2003). *Research design in clinical psychology*, (4th ed). Boston: Allyn & Bacon. 637 s.
- Lundh, Lars-Gunnar. (2009). *Vetenskapsteori för psykoterapeuter*. Institutionen för psykologi, Lunds universitet. Kompendium.
- Norcross, John C., Beutler, Larry E., & Levant, Roland E. (2006). *Evidence-based practices in mental health*. Washington, D.C.: American Psychological Association. 435 s.

Olsson, Gudrun, (2008). *Berättelsen som utgångspunkt*. Stockholm: Natur & Kultur.
Kapitel 4-9 (100 sidor)

Därtill kommer ett antal tidskriftsartiklar efter anvisning från lärare.

A. PPTN KURS 6. Vetenskapligt arbete (Scientific paper). Nivå A. 15 högskolepoäng

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A. PPTN. KURS 7: Psykoterapeutiskt arbete under handledning (Psychotherapeutic work under supervision) Nivå A. 15 högskolepoäng.

Arkowitz, Hal, Westra, Hensry A., Miller, William R., & Rollnick, Stephen. (Eds.). (2007). *Motivational interviewing in the treatment of psychological problems*. New York: Guilford. 354 s.

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.

Gilbert, Paul, & Leahy, Robert L. (Eds.). (2007). *The therapeutic relationship in cognitive behavioral Psychotherapies*. New York: Routledge. 312 s.

Leahy, Robert L. (Ed). (2006). *Roadblocks in cognitive-behavioral therapy: Transforming challenges into opportunities for change*. New York: Guilford. 364 s.

Artiklar och fördjupningslitteratur enligt kursledarens anvisningar tillkommer

Valbar fördjupningslitteratur om behandlingsmetoder (minst 600 s):

Arbuthnott, Katherine D., Arbuthnott, Dennis W., & Thompsin, Valerie A. (2006). *The mind in Therapy: Cognitive science for practice*. Mahwah, New Jersey: Lawrence Erlbaum. 429 s.

Baer, Ruth A. (Ed.). (2005). *Mindfulness-based treatment approaches*. San Diego, California: Academic Press. 448 s.

Ciarrochi, Joseph V., & Bailey, Ann, (2008). *A CBT-practitioner's guide to ACT: How to bridge the gap between cognitive beavioral therapy and acceptance and commitment therapy*. Oakland, CA: New Harbinger. 224 s.

D'Zurilla, Thomas, & Nezu, Arthur M. (2006). *Problem-solving therapy: A positive approach to clinical intervention*. New York: Springer. 261 s.

Dimeff, Linda A., & Koerner, Kelly. (Eds.). (2007). *Dialectical behavior therapy in clinical practice: Applications across disorders and settings*. New York: Guilford. 363 s.

Frisch, Michael B. (2005). *Quality of life therapy: Applying a life satisfaction approach to positive psychology and cognitive therapy*. New York: Wiley. 368 s.

Gilbert, Paul. (Ed.). (2005). *Compassion: Conceptualization, research and use in psychotherapy*. London: Roulledge. 406 s.

Gilbert, Paul.(2009). *Compassion-focused therapy: Distinctive features*. New York: Routledge. 160 s.

Greenberg, Leslie S. (2002). *Emotion-focused therapy: Coaching clients to work through their feelings*. Washington, D.C.: American Psychological Association. 336 s.

- Greenberg, Leslie S., & Paivio, Sandra C. (2003). *Working with emotions in psychotherapy*. New York: Guilford. 303 s.
- Hayes, Steven C., Strosahl, Kirk D., & Wilson, Kelly G. (2003). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford. 304 s.
- Huprich, Steven K. (2008). *Psychodynamic therapy: Conceptual and empirical foundations*. New York: Routledge. 279 s.
- Kazantzis, Nickolaos, Deane, Frank P., Ronan, Kevin R., & L'Abate, Luciano. (Eds.). (2005). *Using homework assignments in cognitive behavior therapy*. New York: Routledge. 436 s.
- Laidlaw, Ken, Thompson, Larry W., Gallagher-Thompson, Dolores, & Dick-Siskin, Leah. (2003). *Cognitive-behaviour therapy with older people*. New York: Wiley. 232 s.
- Leahy, Robert L. (2003). *Overcoming resistance i cognitive therapy*. New York: Guilford. 309 s.
- Linehan, Marsha, M. (2000). *Dialektisk beteendeterapi. Färdighetsträningsmanual*. Stockholm: Natur och kultur. 264 s.
- Martell, Christoffer R., Safren, Steven A., & Prince, Stacey E. (2003). *Cognitive-behavioral therapies with lesbian, gay, and bisexual clients*. New York: Guilford. 263 s.
- McCullough, James P. (2006). *Treating chronic depression with disciplined personal involvement: Cognitive behavioral analysis system of psychotherapy (CBASP)*. New York: Springer. 194 s.
- Nordahl, Hans M., & Wells, Adrian. (2007). *Changing beliefs in cognitive therapy*. Chichester: Wiley. 256 s.
- Norcross, John C., & Goldfried, Marvin M. (Eds.). (2005). *Handbook of psychotherapy integration*. New York: Oxford University Press. 568 s.
- Roamer, Lizabeth, & Orsillo, Susan M. (2008). *Mindfulness- and acceptance-based behavioral therapies in practice*. New York: Guilford. 244 s.
- Safran, Jeremy D., & Muran, C. (2003). *Negotiating the therapeutic alliance*. New York: Guilford. 260 s.
- Stopa, Luisa. (2009). *Imagery and the threatened self: Perspectives on mental imagery and the self in cognitive therapy*. New York: Routledge. 304 s.
- Wells, Adrian. (2008). *Metacognitive therapy for anxiety and depression*. New York: Guilford. 310 s.
- Young, Jeffrey E., Klosko, J., & Weishar, M. E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford. 436 s.