

## DEPARTMENT FOR CONTINUING EDUCATION

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### READING LIST

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Course Title: Cognitive Behavioural Therapy (CBT): An Introduction  
Location: Online, None  
Term Dates: 21 Jan 2025 to 25 Mar 2025  
Tutor: Damian White

The reading list below was supplied by the course tutor.

If you have enrolled on a course starting in the autumn, you can become a borrowing member of the Rewley House library from 1st September. If you are enrolled on a course starting in other terms, you can become a borrowing member once the previous term has ended. For example, students starting in January can join the Library in early December and those starting in April can join in early March.

If you are planning to purchase any books, please keep in mind that courses with insufficient students enrolled will be cancelled. The Department accepts no responsibility for books bought in anticipation of a course running.

### Preparatory Reading List

*The items on this list are to give you some background to the materials and ideas that we will be covering on the course.*

Author	Title
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Aaron Beck	<i>Cognitive therapy and the emotional disorders (Penguin)</i>
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Beverley Haarhoff	<i>Reflection in CBT (Sage)</i>
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### Course Reading List

*The items on this list are to support your learning while you are taking the course.*

Author	Title
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Del Loewenthal (Author, Editor), Gillian Proctor (Editor)	<i>Why Not CBT?: Against and for CBT Revisited (PCCS Books; Second edition (10 April 2018))</i>
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Farhad Dalal	<i>CBT: The Cognitive Behavioural Tsunami: Managerialism, Politics and the Corruptions of Science. Routledge. (Routledge)</i>
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Helen Kennerley et al     *An introduction to cognitive behaviour therapy: Skills and Applications (Sage)*