

## Chapter 3

# Beyond cognitive behavioural therapy

### ADDITIONAL RESOURCES

#### Youtube videos on therapies

One of the best ways to learn about therapies is to see therapists in action, explaining their use of relevant theory and techniques. Without this explanation in any video, we may get a good idea of the types of problems people face, but unless you already have some familiarity with the techniques, it can be difficult to really understand the subtleties of what is going on.

PsychotherapyNet on Youtube (<https://www.youtube.com/user/PsychotherapyNet>) has a host of world leading therapists talking about, and showing, a range of therapies in action, usually in relatively small clips. It has many relating to ACT that are worth watching.

ALLCEUs Counselling Education (<https://www.youtube.com/user/allceuseducation>) has many therapy videos including a number related to metacognitive therapy and ACT, as well as second wave therapies.

There are a number of Steven Hayes videos on Youtube. Here are links to a couple of his TEDx talks:

<https://www.youtube.com/watch?v=GnSHpBRLJrQ>

[https://www.youtube.com/watch?v=o79\\_gmO5ppg](https://www.youtube.com/watch?v=o79_gmO5ppg)

#### Try also reading...

There are many 'how to' books on therapy, and it's difficult to recommend one book over another. In some ways, it's just best to look at a few and decide whose writing style and content you prefer most. However, here are a range of books that may be useful, all of which score highly on internet sites such as Amazon and are written by the originators and leaders of work within their respective fields.

Harvey, A., Watkins, E., Mansell, W. et al. (2005) *Cognitive Behavioural Processes Across Psychological Disorders: A Transtheoretical Approach to Research and Treatment*. Oxford: Oxford University Press.

Bennett, R. and Oliver, J. (2019) *Acceptance and Commitment Therapy (100 key points)*. London: Routledge.

Hofmann, S.G. and Asmundson, G.J.G. (2008) Acceptance and mindfulness-based therapy: new wave or old hat? *Clinical Psychology Review*, 28: 1–16.

Kabat-Zinn, J. (2013) *Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation*. New York: Delacorte.

Wells, A. and Fisher, P. (2015) *Treating Depression: MCT, CBT and Third Wave Therapies*. Chichester: Wiley.

Wells, A. (2011) *Metacognitive Therapy for Anxiety and Depression*. New York: Guildford Publications.