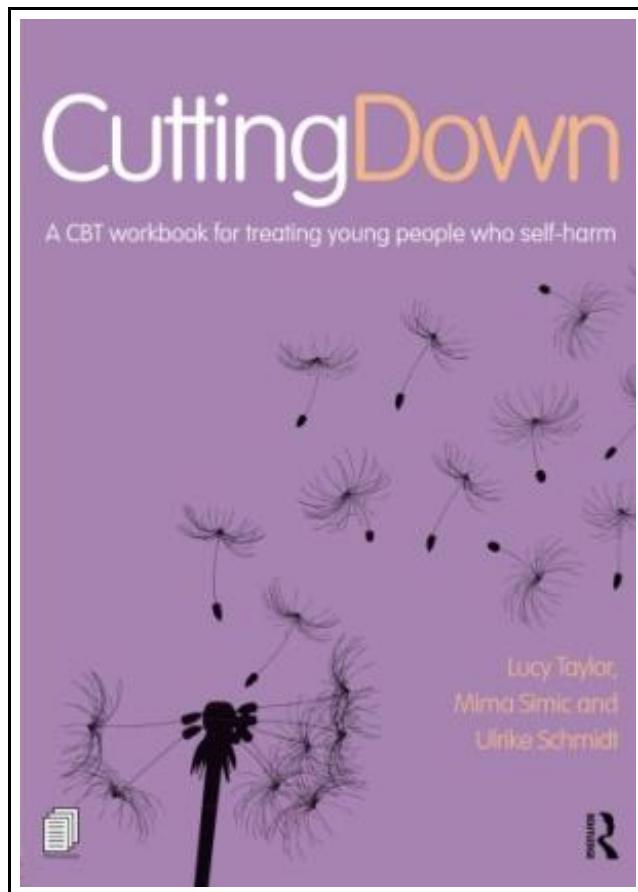


## Cutting Down A CBT workbook for treating young people who self-harm



Filesize: 9.15 MB

### Reviews

*This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer compose this pdf.*  
*(Ryder Nolan)*

## CUTTING DOWN A CBT WORKBOOK FOR TREATING YOUNG PEOPLE WHO SELF-HARM

[DOWNLOAD](#)

Routledge. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 11.7in. x 8.3in. x 0.8in. A quarter of adolescents engage in some form of self-harm and even experienced therapists can find working with these young people difficult. Based on Cognitive Behaviour Therapy (CBT), a highly effective method for working with emotional problems, Cutting Down offers a practical and accessible programme for mental health therapists from different professional backgrounds working with young people who self-harm. The programme is comprised of four parts, each covering a specific stage of therapy, and is split into 27 short modules. Although designed to be delivered over a course of 14 sessions, the programme is presented in a way that allows the therapist to decide which combination of specific modules is chosen and how long is spent on each, based on the specific clinical needs of the person they are working with. Throughout the programme, virtual patients are used to illustrate the various exercises and strategies. Part One, Whats Going On, introduces self-harm and CBT and aims to develop insight into feelings, problems, goals and the concept of change. Part Two, Feelings, Thoughts and Behaviour, looks at working on activities, managing depression and identifying and managing negative thoughts. Part Three, Coping Strategies, introduces modules on problem solving, assertiveness, mindfulness and alternatives to self-harm. Part Four, On You Go!, finishes up the programme with a review of goals, identifying triggers and developing a first aid kit and a tool box of skills to reinforce the programme. Downloadable worksheets enhance the practicality of the text. Designed to support clinicians working with adolescents engaging in self-harm, this unique workbook is ideal for counsellors, counselling psychologists, clinical psychologists, CBT therapists, IAPT practitioners, CAMHS mental health workers and nurse therapists as well as students and trainees. This item ships from multiple locations. Your...

[Read Cutting Down A CBT workbook for treating young people who self-harm Online](#)[Download PDF Cutting Down A CBT workbook for treating young people who self-harm](#)

## You May Also Like

---



### **A Little Wisdom for Growing Up: From Father to Son**

Wipf Stock Publishers, United States, 2007. Paperback. Book Condition: New. 193 x 119 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Description: A Little Wisdom for Growing Up is an ancient form...

[Save Book »](#)

---



### **How to Make a Free Website for Kids**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Save Book »](#)

---



### **The About.com Guide to Baby Care A Complete Resource for Your Baby's Health Development and Happiness by Robin Elise Weiss 2007 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save Book »](#)

---



### **Depression: Cognitive Behaviour Therapy with Children and Young People**

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

[Save Book »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Save Book »](#)



### **Short Stories Collection III: Just for Kids Ages 4 to 8 Years Old**

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Download Document »](#)

---



### **Short Stories Collection II: Just for Kids Ages 4 to 8 Years Old**

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Download Document »](#)

---



### **Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)**

Proquest, Ebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you

[Download Document »](#)

---



### **Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success**

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How

[Download Document »](#)

---



### **Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products**

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by

[Download Document »](#)