

## **Cognitive Behavioural Therapy**

### **Therapy manuals:**

Lam, D. H., Jones, S. & Hayward, P. (2010). [Cognitive Therapy for bipolar disorder: A therapist's guide to concepts, methods and practice.](#) Wiley Blackwell.

Basco, M. R., & Rush, A. J. (1996). [Cognitive-behavioral therapy for bipolar disorder.](#) Guilford Press.

Otto, M., Reilly-Harrington, N., Kogan, J.N., Henin, A., Knauz, G & Sachs, S. (2008). [Managing bipolar disorder: Therapist Guide: A cognitive-behavioural approach.](#) Oxford Academic.

### **Clinician training resources:**

### **Additional resources:**

[Government of Western Australia Centre for Clinical Interventions – Information sheets, Worksheets, and Workbook](#)

[Supporting materials for PROBLEMS OF THE BIPOLAR SPECTRUM, An overview of psychological approaches by Greg Murray, PhD, FAPS](#)