Managing Mood Disorders *Morkbook*





ramsaymentalhealth.com.au



Bibliography

Algoe, S. B., Haidt, J., & Gable, S. L. (2008). Beyond reciprocity: Gratitude and relationships in everyday life. Emotion, 8, 425–429.

Algoe, S.B., Kurtz, L.E., Hilaire, N.M. (2016). Putting the "You" in "Thank You": Examining Other-Praising Behavior as the Active Relational Ingredient in Expressed Gratitude. *Social Psychological and Personality Science* 7(7), 658-666. doi:10.1177/1948550616651681

Beck, A. T. (1967). Depression: Causes and treatment. Philadelphia: University of Pennsylvania Press.

Beck, A. T., Epstein, N., & Harrison, R. (1983). Cognitions, attitudes and personality dimensions in depression. British Journal of Cognitive Psychotherapy.

Beck, A. T, & Steer, R. A. (1993). Beck Anxiety Inventory Manual. San Antonio: Harcourt Brace and Company.

Butler, A. C., & Beck, J. S. (2000). Cognitive therapy outcomes: A review of meta-analyses. Journal of the Norwegian Psychological Association, 37, 1-9.

Centre for Clinical Interventions (2006). Bipolar Group Program: An adjunctive Cognitive Behavioural Group Therapy Treatment for Bipolar Disorder. (2nd Ed.)

Csikszentmihalyi, M. (2009). The promise of positive psychology. Psychological Topics, 18(2), 203-211.

Dies, R.R. (1993). Research on group psychotherapy: Overview and clinical applications. In Anne Alonso & Hillel I. Swiller (Eds.), Group therapy in clinical practice. Washington, DC: American Psychiatric Press.

Duckworth, A.L., Steen, T.A., & Seligman, M.E.P. (2005). Positive psychology in clinical practice. *Annual Review of Clinical Psychology*, 1, 629-651.

Emmons, R.A., Crumpler, C.A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of Social and Clinical Psychology* 19(1), 56-69. doi:10.1521/jscp.2000.19.1.56

Harris R. (2008). The Happiness Trap: stop struggling, start living. London: Robinso Publishing.

Hayes, S. C. (2004). Acceptance and commitment therapy, relational frame theory, and the third wave of behaviour therapy. Behaviour Therapy, 35, 639–665.

Hayes, S.C., Luoma, J.B., Bond, F.W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44, 1-25.

Hayes, S. C, & Smith, S. (1993). Get Out Of Your Mind and Into Your Life: the new acceptance and commitment therapy. Oakland, CA: New Harbinger Publications, 2005.

Kabat-Zinn J. Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain and illness. New York: Bantam Dell, 1990.

Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. Clinical Psychology: Science and Practice, 10(2), 144-156. doi: 10.1093/clipsy.bpg016.

Kabat-Zinn, Jon (2012). Mindfulness for Beginners: reclaiming the present moment--and your life. Boulder, Colorado: Sounds True, Inc. p. 165. ISBN 978-1-60407-658-5.

Kanas, N (2005) Group Therapy for Patients with Chronic Trauma-Related Stress Disorders. International Journal of Group Psychotherapy, 55 (1), 161-6

Linehan, M. (2015). DBT Skills Training Manual. New York: NY. The Guilford Press.

Manor, O. (1994). Group psychotherapy. In Petrūska Clarkson & Michael Pokorny (Eds.), The handbook of psychotherapy. New York, NY: Routledge.

McKay, M., & Fanning, P. (1992). Self Esteem (Second Edition).

Prochaska, J., Norcross, J.C., & DiClemente. C. (2013). Applying the Stages of Change. *Psychotherapy in Australia*. PsychOz Publications.

Psych Central. (2006). Lifestyles of People with Bipolar Disorder. https://psychcentral.com/lib/lifestyles-of-people-with-bipolar-disorder/

Segal, Z. W, Williams JMG & Teasdale JD. (2002). Mindfulness-Based Cognitive Therapy for Depression: a new approach to preventing relapse. New York: Guilford Press.

Seligman, M. E. P, Steen, T., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410-421.

Seligman M. E. P. and Csikszentmihaly, M. (2000). Positive Psychology: An Introduction American Psychologist 55(1):5-14. DOI10.1037/0003-066X.55.1.5

Strosahl, K., Hayes, S. C., Wilson, K. G., & Gifford, E. V. (2004). An ACT primer: Core therapy processes, intervention strategies, and therapist competencies. In S. C. Hayes & K. Strosahl (Eds.), *A practical guide to Acceptance and Commitment Therapy* (pp. 31-58). New York: Springer.

Thich Nhat Hanh. (2007). The Art of Power. New York: Harper Collins.

Vivyan, C. (2015). Getselfhelp.co.uk. http://www.getselfhelp.co.uk/freedownloads3.htm.

Yalom ID, Leszcz M (2005). The theory and practice of group psychotherapy (5th ed.). New York: Basic Books. p. 272.

ISBN 978-0-465-09284-0.



People caring for people